



QFIS MENU

4th Sunday Sept 22

- ✓ **Soup**
- ✓ Cream of Mushroom Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ BBQ Beef
- ✓ White Rice
- ✓ Mashed Potato

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Creamy Baked Vegetable
- ✓ White Rice

VEGETERIAN MEAL

- ✓ **Pasta**
- ✓ Arabiatta Pasta

PASTA STATION

SMALL PORTION

BIG PORTION

✓ Sandwiches in Panini

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

5th Monday Sept 22

- ✓ **Soup**
- ✓ Chicken Noodle Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Butter Chicken
- ✓ White Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ White Rice
- ✓ Dal Makhani
- ✓ Grilled Vegetable

VEGETERIAN MEAL

- ✓ **Pasta**
- Option 1**
- ✓ Pasta with White Sauce
- Option 2**
- ✓ Pasta with Red Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

6th Tuesday Sept 22

- ✓ **Soup**
- ✓ Lentil Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Beef Stew
- ✓ White Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Mixed Vegetable Curry
- ✓ White Rice

VEGETARIAN MEAL

- ✓ **Pasta**

- ✓ Curried Vegetable Pasta

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

7th Wednesday Sept 22

✓ **Soup**

- ✓ Hot n' Sour Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Fish in Dill Creamy Sauce
- ✓ Chilli chicken.
- ✓ Corn Pepper Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Potato Patties
- ✓ Corn Pepper Rice

VEGETERIAN MEAL

✓ **Pasta**

- Option 1
- ✓ Pasta in Red Sauce
- Option 2
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

8th Thursday Sept 22

✓ **Soup**

- ✓ Tom yum Soup (Veg)

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken Fajita
- ✓ Tomato Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ 3 Beans Casserole
- ✓ Tomato Rice

VEGETERIAN MEAL

✓ **Pasta**

Spaghetti Bolognese

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

11th Sunday Sept 22

- ✓ **Soup**
- ✓ Asparagus Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Beef Steak with Brown Gravy
- ✓ White Rice
- ✓ Mashed Potato

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Okra Curry
- ✓ White Rice

VEGETERIAN MEAL

- Option 1**
- ✓ Pasta in Red Sauce
- Option 2**
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

12th Monday Sept 22

✓ **Soup**

- ✓ Minestrone Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken in Pepper Sauce
- ✓ Mixed Vegetable Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Mixed Vegetable Rice
- ✓ Cauliflower and Potato Curry
- ✓ Grilled Vegetable

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Baked Macaroni with Turkey Ham

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

13th Tuesday Sept 22

✓ **Soup**

- ✓ French Onion Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken Thai curry
- ✓ White Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ White Rice
- ✓ Vegetable Korma

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Spaghetti Bolognese

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

14th Wednesday Sept 22

✓ **Soup**

- ✓ Cream of Mushroom Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken Tandoori
- ✓ Corn Pepper Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Vegetable Goulash
- ✓ Corn Pepper Rice

VEGETERIAN MEAL

✓ **Pasta**

- Option 1**
- ✓ Pasta in Red Sauce
- Option 2**
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

15th Thursday Sept 22

- ✓ **Soup**
- ✓ Tomato Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Chicken Fajita
- ✓ Tomato Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Eggplant Parmigiana
- ✓ Tomato Rice

VEGETARIAN MEAL

- ✓ **Pasta**
- ✓ Chicken and Mushroom Farfalle Pasta

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

18th Sunday Sept 22

- ✓ **Soup**
- ✓ Eggdrop

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Beef Broccoli
- ✓ White Rice
- ✓ Mashed Potato

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ White Rice
- ✓ Okra Curry
- ✓ Steamed Vegetable

VEGETERIAN MEAL

- ✓ **Pasta**
- Option 1
- ✓ Pasta in Red Sauce
- Option 2
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

19th Monday Sept 22

✓ **Soup**

- ✓ Chicken Clear Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken BBQ
- ✓ Herb Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Dal Makhani
- ✓ Herb Rice

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Spaghetti Oglio Olio

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

20th Tuesday Sept 22

✓ **Soup**

- ✓ Cream of Tomato Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Grilled Beef in Honey Pepper Sauce
- ✓ White Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Potato Curry
- ✓ White Rice

VEGETERIAN MEAL

✓ **Pasta**

- Option 1
- ✓ Pasta in Red Sauce
- Option 2
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

21st Wednesday Sept 22

✓ **Soup**

- ✓ Pumpkin Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

✓ **Hot Food**

- ✓ Chicken in Lemon Butter Sauce
- ✓ Corn Pepper Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Bamia
- ✓ Corn Pepper Rice

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Spaghetti Bolognese

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

22nd Thursday Sept 22

- ✓ **Soup**
- ✓ Spinach Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Beef Fajita
- ✓ Tomato Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Tomato Rice
- ✓ Vegetable Korma
- ✓ Steamed Vegetable

VEGETERIAN MEAL

- ✓ **Pasta**
- ✓ **Option 1**
- ✓ Pasta in Red Sauce
- ✓ **Option 2**
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

25th Sunday Sept 22

✓ **Soup**

- ✓ Thai red Chicken Pumpkin Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Beef Goulash
- ✓ White Rice
- ✓ Mashed Potato

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ White Rice
- ✓ Creamy Mixed Vegetables
- ✓ Grilled Vegetable

VEGETARIAN MEAL

✓ **Pasta**

- ✓ Spaghetti Oglio Olio

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

26th Monday Sept 22

- ✓ **Soup**
- ✓ Chicken and Corn Soup

SMALL BOWL

LARGE BOWL

- ✓ **Mains**
- ✓ **Hot Food**
- ✓ Sweet n' Sour Chicken
- ✓ White Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Teriyaki Vegetable
- ✓ White Rice

VEGETERIAN MEAL

- ✓ **Pasta**
- Option 1
- ✓ Pasta in Red Sauce
- Option 2
- ✓ Pasta in White Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

- ✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

27th Tuesday Sept 22

✓ **Soup**

- ✓ Cream of Mushroom Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Chicken Tandoori
- ✓ Carrot and onion Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Carrot and Onion Rice
- ✓ Vegetable Au gratin
- ✓ Steamed Vegetable

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Mixed Vegetable Pasta

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

28th Wednesday Sept 22

✓ **Soup**

- ✓ American Corn Chowder Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

- ✓ **Hot Food**
- ✓ Fish with Gourmet Sauce
- ✓ Chicken Jalfrezi
- ✓ Corn Pepper Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG PORTION

Vegetable Option

- ✓ Corn Pepper Rice
- ✓ Dal Makhani
- ✓ Grilled Vegetable

VEGETARIAN MEAL

✓ **Pasta**

- Option 1
- ✓ Pasta in Red Sauce
- Option 2
- ✓ Pasta in Red Sauce

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE

29th Thursday Sept 22

✓ **Soup**

- ✓ Cream of Vegetable Soup

SMALL BOWL

LARGE BOWL

✓ **Mains**

✓ **Hot Food**

- ✓ Chicken Fajita
- ✓ Tomato Rice

HOTFOOD & VEGETARIAN COMBO

HOT FOOD STATION

SMALL PORTION

BIG COMBO

Vegetable Option

- ✓ Zucchini Baked Casserole
- ✓ Tomato Rice

VEGETERIAN MEAL

✓ **Pasta**

- ✓ Arabiatta Pasta

PASTA STATION

SMALL PORTION

BIG PORTION

✓ **Sandwiches in Panini**

PANINI WITH ROAST CHICKEN

PANINI WITH TURKEY

PANINI WITH CHEESE

PANINI WITH ROAST BEEF

PANINI WITH VEGETABLE

PANINI WITH TUNA

CHICKEN CAESAR WRAP

CHICKEN SHAWARMA

CHICKEN FAJITAS

BAGEL WITH CREAM CHEESE
