

EAT. DRINK. SOCIALIZE.

JULY 8TH- 12TH

Great Choice!



ALL MENU ITEMS FIT HEALTHY EATING GUIDELINES!

MON

Culinary: Chicken Wings w/Fries

TUES

Culinary: Salmon Cacciatore w/Rice & Salad
Grazing: Mac & Cheese w/Squash & Salad

WED

Popcorn Chicken or Breaded Cauliflower
Bowl w/Cheese, Corn & Gravy



THURS

Culinary: Bolognaise Spaghetti w/ Garlic Stick & Caesar Salad
Grazing: Perogies w/8oz Soup & Salad

FRI

Deli & Cozy Salad Bar



Breakfast Monday - Friday | 07:00 am - 10:30 am

Lunch Monday - Friday | 11:30 am - 13:30 pm

Café Tuesday - Thursday | 07:00 am - 16:00 pm

SUMMER HOURS Monday 7-3pm

Café Friday | 07:00 am - 14:30 pm

WEEKLY FEATURES

BREAKFAST

- Egg white cheddar tomato on WW sandwich (v)
- Made to order eggs & omeletes with variety of vegetables

HOT ADD ON:

- Tues: Beyond Burger
- Wed: Greek Tofu
- Thurs: Caul Bites

Soup

- Mon: Leek & Potato
- Tues: Beef Barley or Navy bean
- Wed:
- Thurs: Corn Chowder

(Andrea)- (647) 805-4403

Need catering

Catering - Kenvue

McNabb

(eurestonsite.com)

STAY TUNED....

SELF CARE STARTS ON
The Plate



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