

MOUNT BENSON MARKET

Week of **January 9 to January 15**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OPTION ONE</p> <ul style="list-style-type: none"> • Chicken Fettuccini Alfredo 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Turkey Dinner • Mashed Potatoes • Buttered Peas 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Butter Chicken • Basmati Rice • Curried Cauliflower and Carrots 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Herb Chicken Alfredo 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Grilled Pork Chops • Roasted Potatoes • Buttered Green Beans • Corn Niblets 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Beef Vindaloo • Basmati Rice • Curry Naan 	<p>OPTION ONE</p> <ul style="list-style-type: none"> • Sweet Chilli Chicken • Chow Mein • California Mixed Vegetables
<p>OPTION TWO</p> <ul style="list-style-type: none"> • Fettuccini Alfredo 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Beyond The Meat Dinner • Mashed Potatoes • Buttered Peas 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Spinach and Chickpeas • Basmati Rice • Curried Cauliflower and Carrots 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Herb Broccoli Alfredo 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Grilled Vegetable Kebabs • Roasted Potatoes • Buttered Green Beans • Corn Niblets 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Tofu Vindaloo • Basmati Rice • Curry Naan 	<p>OPTION TWO</p> <ul style="list-style-type: none"> • Tempura Tofu • Chow Mein • California Mixed Vegetables
<p>EXTRAS</p> <ul style="list-style-type: none"> • Garlic Bread 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Gravy 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Garlic Naan Bread 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Garlic Bread 	<p>EXTRAS</p>	<p>EXTRAS</p> <ul style="list-style-type: none"> • Yoghurt 	<p>EXTRAS</p> <ul style="list-style-type: none"> • Fortune Cookie