# Appetizers

*Pita bread and hummus* *4.00*

*Vegetable sticks and dip* *4.00*

*Chicken Wings - 8 pieces* *7.00*

*4 Mini wraps* *4.00*

*Fish fritters and dip 6 pieces* *4.00*

# Main Meals

## *$9.00 for all meals Baked Chicken*

*Jerk Chicken (veg option available) Fried Fish or steamed*

***\*Meals come with 2 sides***

# Casseroles Individual Serving



*Lasagna* *6.00*

*Mac n’ Cheese* *5.00*

*Quiche – Eggs + Spinach* *5.25*

*Scalloped Potato Cass* *4.50*

*Pulao (rice, peas, chicken and veg)* *7.00*

# Soups

*$5.00 for all soups*

Vegetable Beef Chicken

# Salads - Individual Servings

*$4.00 excepting $5.75 for Mango Crunchy Tossed Salad*

*Macaroni Creamy Coleslaw Potato*

*Mango Crunchy*

# Sides

*Steamed rice Stir fried pasta Mashed potatoes*

*Seasonal vegetables Steamed corn*

### *\* Salads available as substitutes*

***Other items outside this menu available***

### *Frontlines Youth Culinary Program 416-244-7017*

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**Desserts - Individual Sevings**

*Apple Cake* *6.00*

*Fruit cup* *4.00*

*Cheesecakes:*

*Mango, Strawberry or chocolate* *5.00*

*Cupcakes*

*Vanilla chocolate or marble* *2.50*

*Waffles:*

*Topped with fresh fruit and syrup* *5.00*

*Bread pudding with sauce* *4.00*

# Drinks

*$2.50 for all drinks Iced tea*

*Lemonade Fruit Punch*