

# NSER Cafeteria Menu 2025-2026

|                 | Monday                              | Tuesday   | Wednesday                                 | Thursday  | Friday  |
|-----------------|-------------------------------------|---|---|---|---|
| <b>Week One</b> | Popcorn Chicken<br>Fries<br>\$6.50  | Potato Bowl<br>Popcorn Chicken or Diced Chicken,<br>Corn, Dressing, Gravy<br>\$6.50 | Spaghetti<br>Garlic Bread<br>\$6.50       | Pancakes with Bacon<br>or<br>Pizza & Garlic Fingers<br>(Cheese, Veggie, Meat)<br>\$6.50 | Ham or Turkey Bacon<br>Sub choice of toppings<br>\$6.00<br>add chips for \$6.50 |
| <b>Week Two</b> | Chicken Tender's<br>Fries<br>\$6.50 | BBQ Chicken, Potatoes<br>& Veggies<br>\$6.50  | Lasagna, Salad,<br>Garlic Bread<br>\$6.50 | Chicken Balls & Oven Rice Honey<br>Garlic Popcorn Chicken & Stir Fry<br>\$6.50          | Ham or Turkey Bacon<br>Sub choice of toppings<br>\$6.00<br>add chips for \$6.50 |

## GRAB N' GO ITEMS (SELECTION IS DIFFERENT DAILY)

| SALADS  |        | Pizza & Garlic Fingers               |        | Sandwiches                |        | Taco/Quesadillas/Nachos    |        | Burgers or Wraps      |        | Breakfast Sandwiches/Wraps                            |        |
|---|--------|--------------------------------------|--------|---------------------------|--------|----------------------------|--------|-----------------------|--------|---|--------|
| Garden  | \$4.00 | Cheese                               | \$4.00 | Egg                       | \$4.00 | Taco                       | \$4.00 | Hamburger             | \$4.00 | Choice of English Muffin, Bread, Bagels or Flat Bread |        |
| Cesar   | \$5.00 | Meat                                 | \$4.50 | Tuna                      | \$4.00 | Quesadilla                 | \$4.00 | Cheeseburger          | \$4.25 | Egg & Cheese  | \$4.00 |
| Chicken Cesar   | \$5.50 | Veggie                               | \$4.00 | Chicken Salad             | \$4.50 | Crunch Wrap                | \$4.00 | Bacon Cheese-burger   | \$4.50 | Egg & Cheese Bacon or Sausage                         | \$4.50 |
| Chef  | \$5.50 | Pizza on Flat-bread                  | \$4.00 | Turkey or Ham             | \$4.00 | Nachos Beef or Chicken     | \$4.00 | Chicken Burg-er       | \$4.00 | Hashbrown   | \$3.00 |
|  |        | Garlic Fingers with or without Bacon | \$4.00 | Grilled Cheese            | \$4.00 | Hard-shell Beef or Chicken | \$4.00 | Chicken Crunch Burger | \$5.00 | Sausages  | \$4.00 |
|   |        | Garlic Fingers Flatbread             | \$4.00 | Grilled Cheese with Bacon | \$4.50 |                            |        | Chicken Wrap          | \$4.00 | Farmers Wrap  | \$4.50 |

Revised September 3, 2025

## ADDITIONAL ITEMS AVAILABLE TO ORDER

|                                   |        |                    |        |                     |        |   |        |                        |        |                                 |        |
|-----------------------------------|--------|--------------------|--------|---------------------|--------|---|--------|------------------------|--------|---------------------------------|--------|
| Fries                             | \$4.00 | Poutine            | \$4.50 | Curly Fries         | \$4.00 | Loaded Wedge<br>(Cheese, Bacon,<br>Gravy) | \$4.50 | Chicken<br>Fingers     | \$4.00 | Popcorn Chicken                 | \$4.00 |
| BBQ Tossed<br>Chicken<br>Strips   | \$4.50 | Mozza Sticks       | \$4.00 | Donair Egg<br>Rolls | \$1.50 | Chicken<br>Nuggets                        | \$4.00 | Sauces                 | \$0.25 | Soups & Chili when<br>available | \$4.00 |
| Yogurt Cups<br>Granola &<br>Fruit | \$2.00 | Apple<br>Turnovers | \$1.00 | Donut               | \$1.00 | Fruit                                     | \$1.00 | Veggies                | \$1.00 | Fruit Cups                      | \$1.00 |
| Fruit Snacks                      | \$0.50 | Cupcakes           | \$1.00 | Yogurt Tubes        | \$1.00 | Cheese String                             | \$1.00 | Chips                  | \$1.00 | Nachos / Dip                    | \$1.50 |
| Popcorn                           | \$1.00 | Goldfish           | \$1.00 | Crackers            | \$1.00 | Cookies                                   | \$1.00 | Rice Crispy<br>Squares | \$1.00 | Brownies                        | \$1.00 |
| Frogs                             | \$1.00 | Cinnamon<br>Rolls  | \$1.00 | Pudding/Jello       | \$2.00 | Water                                     | \$1.50 | Milk                   | \$1.00 | Juice                           | \$2.00 |

## WEEKLY SCHEDULE

| MONTH     | DATE     | WEEK   | MONTH    | DATE  | WEEK   |
|-----------|----------|--------|----------|-------|--------|
| September | 2-5      | Week 1 | November | 3-7   | Week 2 |
|           | 8-12     | Week 2 |          | 10-14 | Week 1 |
|           | 15-19    | Week 1 |          | 17-21 | Week 2 |
|           | 22-26    | Week 2 |          | 24-28 | Week 1 |
|           | 29-Oct 3 | Week 1 |          |       |        |
| October   | 6-10     | Week 2 | December | 1-5   | Week 2 |
|           | 13-17    | Week 1 |          | 8-12  | Week 1 |
|           | 20-24    | Week 2 |          | 15-19 | Week 2 |
|           | 27-31    | Week 1 |          |       |        |



**NSE**  
Food Services Inc.