

# What's for Lunch at Forest Hill?

M

Hero Burger

T

Freshii

W

Subway

T

Freshii

F

Domino's Pizza

## Hero Burger on Mondays

### HALAL

- [H](#) Chicken Strips
- [H](#) Grilled Chicken Sandwich (3.9oz)
- [H](#) Hero Burger (3oz)
- [H](#) Hero Burger (4oz)
- [H](#) Vegetarian Soul Burger (4oz)

### GLUTEN FREE

- [H](#) [GF](#) Gluten Free Grilled Chicken Sandwich (3.9oz)
- [H](#) [GF](#) Gluten Free Hero Burger (3oz)
- [H](#) [GF](#) Gluten Free Hero Burger (4oz)
- [H](#) [GF](#) Gluten Free Vegetarian Soul Burger (4oz)

### DRINKS

Minute Maid 100% Apple Juice (200ml)

## Subway on Wednesdays

- |                     |                      |
|---------------------|----------------------|
| 6" BLT Sub          | 12" BLT Sub          |
| 6" Cold Cut Sub     | 12" Cold Cut Sub     |
| 6" Ham Sub          | 12" Ham Sub          |
| 6" Salami Sub       | 12" Salami Sub       |
| 6" Turkey & Ham Sub | 12" Turkey & Ham Sub |
| 6" Turkey Sub       | 12" Turkey Sub       |
| 6" Veggie Sub       | 12" Veggie Sub       |

### GLUTEN FREE

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <a href="#">GF</a> 6" BLT Sub      | <a href="#">GF</a> 12" BLT Sub      |
| <a href="#">GF</a> 6" Cold Cut Sub | <a href="#">GF</a> 12" Cold Cut Sub |
| <a href="#">GF</a> 6" Ham Sub      | <a href="#">GF</a> 12" Ham Sub      |
| <a href="#">GF</a> 6" Salami Sub   | <a href="#">GF</a> 12" Salami Sub   |
| <a href="#">GF</a> 6" Turkey Sub   | <a href="#">GF</a> 12" Turkey Sub   |
| <a href="#">GF</a> 6" Veggie Sub   | <a href="#">GF</a> 12" Veggie Sub   |

### AVAILABLE CUSTOMIZATIONS AND TOPPINGS

- |                 |                                      |
|-----------------|--------------------------------------|
| <b>Bread</b>    | White bread, Multigrain bread        |
| <b>Toppings</b> | Cucumbers, Tomatoes, Lettuce, Cheese |
| <b>Sauce</b>    | Mustard, Mayo, Sub Sauce             |

## Freshii on Tuesdays/Thursdays

### POCKETS/WRAPPS

- [Cheesy Chicken Pocket](#)  
Aged Cheddar Cheese and Chicken in a Whole Wheat Wrap
- [Chicken Caesar Wrap](#)  
Chicken, Bacon, Romaine, Tomato, and Caesar Dressing in a Whole Wheat Wrap

### BOWLS

- [Chiiipotle Cheddar Bowl](#)  
Brown Rice, Aged Cheddar, Black Beans, Cabbage, Carrots, Corn, Green Onions, Tomatoes, and Creamy Chipotle Dressing
- [Kid's Power Bowl](#)  
Brown Rice, Chicken, Cucumber, Carrots, Broccoli, Crispy Wontons, and Teriyaki Sauce
- [Mezze Delight Bowl](#)  
Field Greens, Quinoa, Crispy Chickpeas, Beet Slaw, Cabbage, Cilantro, Cucumber, Sesame Seeds, Tomatoes, Lemon Za'atar Vinaigrette, and Tahini Sauce

### Oaxaca Bowl

Brown Rice, Kale, Avocado, Hot Black Beans, Salsa Fresca, Beet Slaw, Corn, Crispy Wontons, and Spicy Yogurt

### Teriyaki Twiist Bowl

Brown Rice, Broccoli, Carrots, Crispy Wontons, Cucumber, Edamame, Green Onions, Sesame Seeds, and Teriyaki

### Tiikka Bowl

Brown Rice, Kale, Quinoa, Sweet Potatoes, Crispy Chickpeas, Cabbage, Carrots, Red Onions, and Tikka Sauce

### SALADS

#### Cobb Salad

Field Greens, Romaine, Aged Cheddar, Avocado, Bacon, Hard Boiled Egg, Corn, Tomatoes, and Ranch Dressing

#### Fiesta Salad

Romaine, Field Greens, Aged Cheddar, Avocado, Salsa Fresca, Black Beans, Corn, Crispy Wontons, and Cilantro Lime Dressing

#### Greek Salad

Field Greens, Romaine, Feta Cheese, Kalamata Olives, Cucumber, Red Onions, Tomatoes, and Greek Vinaigrette

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Pizza

## Freshii on Tuesdays/Thursdays

### SALADS CONT'D

#### Kale Caesar Salad

Kale, Quinoa, Crispy Chickpeas, Hemp Seeds, Parmesan Cheese, and Caesar Dressing

#### Super Kid's Salad

Romaine, Chicken, Carrots, Tomatoes, Cucumber, Aged Cheddar, and Ranch

### SOUPS

#### Creamy Roasted Tomato Soup

Creamy Tomato Broth

#### Spicy Lemongrass Soup (16oz)

Rice Noodles, Spicy Lemongrass (Vegetable) Broth, Cabbage, Carrots, Cilantro, Mushrooms, and Tomatoes

### VEGETARIAN

#### **V** Cheesy Pocket

Aged Cheddar Cheese in a Whole Wheat Wrap

#### **V** Kid's Power Bowl

Brown Rice, Cucumber, Carrots, Broccoli, Crispy Wontons, and Teriyaki Sauce

#### **V** Super Kid's Salad

Romaine, Carrots, Tomatoes, Cucumber, Aged Cheddar, and Ranch

### DRINKS

Snack Size Freshii Green Smoothie (12oz)

Snack Size Mixed Berrii Smoothie (12oz)

Snack Size Strawberry Banana Smoothie (12oz)

Snack Size Tropical Mango Smoothie (12oz)

## Domino's Pizza on Fridays

### INDIVIDUALLY BOXED SLICES

#### One Slice of Cheese Pizza

One Slice of a Large 14" Pizza cut into 8, Individually Boxed

#### One Slice of Pepperoni Pizza

One Slice of a Large 14" Pizza cut into 8, Individually Boxed

#### Two Slices of Cheese Pizza

Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

#### Two Slices of Pepperoni Pizza

Two Slices of a Large 14" Pizza cut into 8, Individually Boxed

### GLUTEN FREE

#### **GF** Small 10" Cheese Pizza

#### **GF** Small 10" Pepperoni Pizza

#### **GF** Small 10" Veggie Pizza

Topped with Green peppers, Mushrooms, and Tomatoes

### SINGLE SLICES

#### Cheese Slices

##### Slice of Cheese Pizza

Slice of a Large 14" Pizza cut into 8

##### Slice of Cheese Pizza

Slice of an Extra-Large 16" Pizza cut into 10

#### Pepperoni Slices

##### Slice of Pepperoni Pizza

Slice of a Large 14" Pizza cut into 8

##### Slice of Pepperoni Pizza

Slice of an Extra-Large 16" Pizza cut into 10

#### Veggie Slices

##### Slice of Veggie Pizza

Slice of a Large 14" Pizza cut into 8

Topped with Green peppers, Mushrooms, and Tomatoes

##### Slice of Veggie Pizza

Slice of an Extra-Large 16" Pizza cut into 10

Topped with Green peppers, Mushrooms, and Tomatoes