

September Menu

Grades 1 to 12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Caesar Salad Roasted Chicken Jasmine Rice Broccoli Fruit Salad Yogurt	5 Crudité & Dip Filet of Sole Spiced Couscous Courgettes Fruit Salad Whole Fruit	6 Carrot Soup Lasagna Haricot Vert Bread Fruit Salad Cinnamon Apples	7 Garden Salad Baked Omelet Tomato Slices Roasted Potato Fruit Salad Carrot Cake	8
9	10 Cole Slaw Hawaiian Meatballs Jasmine Rice Baby Corn & Peas Fresh Fruit	11 Caesar Salad Pasta Alfredo Peas & Carrots Bread Fresh Fruit Banana Bread Bites	12 Tomato Slices Baked Cod Fried Rice Broccoli Fresh Fruit Yogurt	13 Garden Salad BBQ Chicken Roasted Potato Corn Fresh Fruit Baked Apples	14 Crudité & Dip Mac & Cheese Pierogis Carrots Fresh Fruit Zucchini Brownies	15
16	17 Crudité & Dip Meatloaf & Gravy Mashed Potatoes Carrots Fresh Fruit Apple Slices	18 Cheese Plate Haddock Filet Jasmine Rice Mixed Vegetables Fruit Salad Carrot Cake	19 Cucumbers Teriyaki Chicken Stir Fried Veggies Noodles Fresh Fruit Yogurt Fruit Tart	20 Caesar Salad Pasta Bolognaise Haricots Verts Bread Fresh Fruit Baked Berries	21 Garden Salad Chicken Sausage Potato Puree Broccoli Fresh Fruit Whole Fruit	22
23	24 Caesar Salad Baked Pasta Bread Harricots Vert Fruit Salad Whole Fruit	25 Garden Salad Roasted Chicken Jasmine Rice Broccoli Fruit Salad Yogurt	26 Crudite & Dip Sheppard's Pie Carrots Fruit Salad Baked Apples	27 Cheese Plate Filet of Sole Spiced Cous Cous Courgettes Fruit Salad Whole Fruit	28 Caprese Salad Pizza (beef pepperoni, cheese) Crudite & Dip Jasmine Rice Fresh Fruit Rice Crispy Square	29