

NOVEMBER

HOT LUNCH MENU - GRADES 1 TO 12

MON	TUE	WED	THU	FRI
			1 Caesar Salad Roasted Chicken Jasmine Rice Broccoli Fruit Salad Yogurt Water/Milk	2 Organisational Day No Classes
5 Fall Break No Classes	6 Fall Break No Classes	7 Fall Break No Classes	8 Fall Break No Classes	9 Fall Break No Classes
12 Fall Break No Classes	13 Caesar Salad Mac & Cheese Pirogis Carrots Fresh Fruit Zucchini Brownies Water/Milk	14 Cole Slaw Meatballs Jasmine Rice Baby Corn & Peas Fresh Fruit Bananas Water/Milk	15 Cheese Plate Haddock Filet Jasmine Rice Mixed Vegetables Fruit Salad Whole Fruit Water/Milk	16 Cucumbers Teriyaki Chicken Stir Fried Veggies Noodles Fresh Fruit Yogurt Fruit Tart Water/Milk
19 Crudite & Dip Meatloaf & Gravy Mashed Potatoes Carrots Fresh Fruit Apple Slices Water/Milk	20 Tomato Slices Baked Cod Fried Rice Broccoli Fresh Fruit Yogurt Water/Milk	21 Garden Salad BBQ Chicken Roasted Potato Corn Fresh Fruit Baked Apples Water/Milk	22 Caesar Salad Pizza (beef pepperoni, cheese) Crudite & Dip Jasmine Rice Fresh Fruit Rice Crispy Square	23 Crudite & Dip Baked Pasta Bread Haricots Vert Fruit Salad Whole Fruit Water/Milk
26 Pickled Cucumbers Chicken Stir Fry Asian Noodles Carrots Fruit Salad Yogurt Water/Milk	27 Crudite & Dip Baked Pasta Bread Harricots Vert Fruit Salad Whole Fruit Water/Milk	28 Garden Salad Baked Omelette Tomato Slices Roasted Potato Fruit Salad Carrot Cake Water/Milk	29 Caesar Salad Pasta Alfredo Peas & Carrots Bread Fresh Fruit Banana Bread Bites Water/Milk	30 Cheese Plate Fish Cakes Jasmine Rice Mixed Vegetables Fruit Salad Whole Fruit Water/Milk