

JANUARY

HOT LUNCH MENU - GRADES 1 TO 12

MON	TUE	WED	THU	FRI
	1 End of the Year Break No Classes	2 End of the Year Break No Classes	3 End of the Year Break No Classes	4 End of the Year Break No Classes
7 Tossed Salad Chicken Sausage Jasmine Rice Corn Fruit Salad Orange Slices Milk/Water	8 Tomato Slices Baked Cod Roasted Potato Dill Carrots Fruit Salad Berry Yogurt Milk/Water	9 Pickles Roasted Chicken Noodles Peas Fruit Salad Apples Milk/Water	10 Crudit� & Dip Sweet & Sour Meatballs Fried Rice Green Beans Fruit Salad Banana Cookies Milk/Water	11 Caesar Salad Pasta Bolognese Bread Broccoli Fruit Salad Baked Apples Milk/Water
14 Cheese Cubes BBQ Chicken Mashed Potatoes Peas & Carrots Fruit Salad Yoghurt Milk/Water	15 Crudit� & Dip Beef Stroganoff Egg Noodles Corn Fruit Salad Fresh Fruit Milk/Water	16 Tossed Salad Haddock Loins Couscous Carrots Fruit Salad Orange Slices Milk/Water	17 Caesar Salad Baked Spaghetti Bread Roasted Veggies Fruit Salad Apple Crisp Milk/Water	18 Pickles Beef Hot Dogs Roasted Potatoes Mixed Veggies Fruit Salad Banana Cake Milk/Water
21 Tomato Slices BBQ Meatballs Noodles Dill Carrots Fruit Salad Apples Water/Milk	22 Pickles Roasted Chicken Mashed Potato Corn Fruit Salad Berry Yogurt Tarts Milk/Water	23 Crudit� & Dip Fish Cakes Jasmine Rice Peas Fruit Salad Fresh Fruit Milk/Water	24 Caesar Salad Pasta Alfredo Bread Green Beans Fruit Salad Carrot Spice Cake Milk/Water	25 Tossed Salad Mixed Veggies Baked Cheese Omelets Roasted Potatoes Fruit Salad Orange Slices Water/Milk
28 Cole Slaw Baked Cod Jasmine Rice Mixed Veggies Fruit Salad Fresh Fruit Milk/Water	29 Tomato Slices Chicken Pot Pie Bread Corn Fruit Salad Berries & Yogurt Milk/Water	30 Caesar Salad Mac & Cheese Bread Carrots Fruit Salad Baked Apples Milk/Water	31 Tomato Soup Grilled Cheese Roasted Potatoes Peas Fruit Salad Fresh Fruit Milk/Water	