

Monday menu 1- Chicken strips/burgers/Hot dogs

Chicken strips- 3pcs

Hamburger

Hot Dog

Veggie dog

GF hot dog

Side dish cut up vegetables

Monday menu 2- Pasta-

Baguettes

Pasta One size -Reg (8oz)

Mac n cheese

Pasta

- w/ tomato meat sauce
- w/parmesan
- w/spinach & tomato

GF Pasta: plain, tomato sauce

Caesar Salad

Baguettes- white or whole wheat

Brioche bun w/ egg salad

Focaccia bread

Tuesday Menu 1 – Asian

One size -Reg (8oz)

Beef & broccoli w/rice

Black bean chicken w/rice

Chicken stir-fry w/rice

Veggie stir-fry w/rice

Tuesday Menu 2 – Variety

One size -Reg (8oz)

Butter chicken w/rice

Butter chickpea w/rice (V)

Honey lime chicken w/mashed potatoes & carrots

Lemon curry chicken w/ couscous & peas

Wednesday Menu 1 – Pizza, Wraps and Lunch box

Individual slice

- Cheese
- Pepperoni
- Ham & Pineapple
- GF Cheese or pepperoni

Lunch box K-3

Wrap:

- BBQ chicken Cheddar
- Vegetarian

Cut up vegetables or fruit cup

Wednesday Menu 2 - Pizza, Wraps and Lunch box

Individual slice

- Cheese
- Pepperoni
- Ham & Pineapple
- GF Cheese or pepperoni

Lunch box K-3

Wrap:

- Ranch Chicken Cheddar
- Vegetarian

Cut up vegetables or fruit cup

Friday Menu 1 –Mexican or Chicken Kabob

Burrito: chicken or beef

Quesadilla:

- cheese,
- chicken
- GF option

Soft taco : beef or black bean

Chicken kabob

Taco salad

Fruit cup

Friday Menu 2 – Sushi

Beef or chicken rice bowl

Vegetable Yakisoba

Pork Gyoza- 6pcs

Sushi roll: Avocado, California, Cucumber, Yam – 8pcs

Lunch program K-3- term 3

Option of 2% milk, choc milk, apple or orange juice with each lunch day.