

SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: Oct.3rd - 31st 2022 Thank you for supporting the School Meal Program



Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
Salsa Chicken with Corn	Beef & Veggie Meatballs with Penne	Tahiti Chicken with Hashbrown Cubes	Hamburger	Chicken a-la- King on Rice
Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk
10	11	12	13	14
THANKSGIVING DAY HOLIDAY	Chicken Nugget with Mashed Potatoes	Macaroni and Cheese	Chicken Fried Rice	PIZZA DAY
	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk
17	18	19	20	21
Beef Stew with	Turkey Bolognese	Chicken	Hotdog	PROVINCIAL
Dinner roll	Penne	Quesadilla	Casserole	PRO-D DAY
Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	
24	25	26	27	28
Cheese Ravioli with Tomato Sauce	Chicken Burger	Honey Garlic Chicken with Rice	Shepherd's Pie	PIZZA DAY
Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk	Fruit/Vegies/Milk
31				
Turkey				
Meatballs with				
Rotini in Tomato				
Sauce Fruit/Vegies/Milk				