

## SCHOOL MEAL PROGRAM

## Hot Lunch Menu Date: October 2<sup>nd</sup> - 31<sup>st</sup> 2023 Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
STAT	Spaghetti &	Omelette with	Chicken Fried	Chicken Fingers
HOLIDAY	Meatballs	Potato Wedges	Rice	with whole
Truth &	Spaghetti & Veggie	Same for Veggie		Grain Rice
Reconciliation	Meatballs	option	Egg Fried Rice	Veggie Chicken Fingers / WG Rice
09	10	11	12	13
STAT	Chicken Burger	Beef Meatballs	Garlic Chicken	Pancakes with
HOLIDAY	with Potato	with Mashed	Penne, Peas &	Turkey
Thanksgiving	Wedges	Potatoes/Gravy	Carrots	Sausages
	Veggie Burger with	Veggie Meatballs with Mashed	Garlic Powder Mix	Pancakes
	Potato Wedges	Potatoes/Gravy	Penne, Peas & Carrots	(syrup provided)
16	17	18	19	20
Chicken	Beef Meatball	Cheese	Beef & Chicken	PRO-D
Parmesan over	Sub	Tortellini with	Shepherd's Pie	DAY
Rotini Pasta		Tomato Sauce		ALL SCHOOLS
Tomato Pasta	Veggie Meatball	Same for Veggie	Veggie Ground	
Parmesan over Rotini Pasta	Sub	option	Shepherd's Pie	
23	24	25	26	27
Topsy Turvy	Cheese Perogies	Macaroni and	BBQ Beef	
Pasta with Meat	(sour cream)	Cheese	Meatballs with	PIZZA DAY
Sauce			Mashed	
Veggie Topsy Turvy	Same for Veggie	Same for Veggie	Potatoes	
Pasta with Meatless Sauce	option	option	BBQ Veggie	
Mediless Sudce			Meatballs with Mashed Potatoes	
30	31			
Hot Dog	Spaghetti and Meatballs			
	Meurbuis			
Veggie Hot Dog	Spaghetti and Veggie Meatballs			