

SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: October 2nd – 31st 2023

Thank you for supporting the School Meal Program

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