



	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	Sept 5-6 Sept 16-20 Sept 30 – Oct 04 Oct 15 – 18 Oct 28 – Nov 01 Nov 12 – 115 Nov 25 – 29 Dec 09 – 13	Italinao! Spaghetti, sauce and meatballs, served with a side salad and a fresh garlic breadstick	Taco Tuesday! Home made Soft, mildly spicy, fresh Chicken Taco Served Mexican rice, corn, Cheese, salsa and sour cream	Home made Goodness! Baked Hamburger Goulash Casserole, Served with side salad and a knot roll	Hot Sandwich! Delicious Pulled Pork on a Bun Served with oven baked Savory Wedges	Pizza Pizza! Ultimate homemade Pizza Panzerotti with sauce and a side salad
		Meals Week 2	Sept 09-13 Sept 23 – 27 Oct 07 – 11 Oct 21 - 25 Nov 04 – 08 Nov 18-22 Dec 02 –06 Dec 16 – 20	Italiano! Homemade Baked Lasagna with meat sauce, served with Caesar Salad and a Garlic Breadstick	Taco Tuesday! Homemade Soft, mildly spicy, Beef Taco Served Mexican rice, corn, Cheese, salsa and sour cream	Pasta Bake! Homemade creamy Chicken Alfredo or Mac and cheese with a side salad and a homemade breadstick

Daily Meal with Milk **\$5.75**

Sandwiches (Fresh ingredients and local meats)

- Egg Salad Sandwich \$3.60
- Chicken Sandwich \$3.60
- Ham & Cheese Sandwich \$3.60
- 6" Turkey Sub \$4.60
- 6" Ham or Deli Sub \$4.10
- Chicken Snack Wrap \$3.60
- Sandwich Wraps \$4.25-\$5.50

Drinks (Daily):

- White Milk 250ml/500ml \$0.50 / \$0.80
- Chocolate Milk 250ml/500ml \$1.40-2.30
- Juice 200ml/340ml \$1.75/2.00
- Water 500ml/591ml \$1.50/ \$2.00

Salads:

- Caesar Salad \$3.75
- Garden Salad \$3.75
- Pasta Salad \$3.75

Snacks assortment:

- Veggie sticks w. Dip \$1.50
- Fruit Kebob \$2.85
- Low Fat Cookie \$0.75
- Breadsticks \$1.50
- Cinnamon Bun \$1.00
- Rice Krispy Square \$1.50
- Reduced Fat Banana Loaf \$1.00
- Small Low Fat Muffins \$1.25
- Yogurt 100g \$2.10
- Fruit Cup (3oz) \$2.10
- Yogurt and Berry Cup \$3.10
- Pudding parfait Cup (8oz) \$2.60
- Fruit Smoothie (8oz) \$1.75
- Frozen Yogurt cup (115ml) \$1.50
- Lg Tulip Muffin \$1.50

Every Day Favorites!

Pizza Slice \$3.90, Grilled Cheese \$3.50, Home made burgers \$4.00, Soup \$3.50

Every Week	Daily We Combo \$5.25	Pizza slice Small low fat cookie and a white milk or juice box	Garlic Slice Small low fat cookie and a white milk or juice box	Pizza slice Small low fat cookie and a white milk or juice box	Garlic Slice Small low fat cookie and a white milk or juice box	Pizza slice Small low fat cookie and a white milk or juice box
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Price list

Daily Meal with Milk **\$5.75**

Sandwiches (Local Meats)

Egg Salad Sandwich \$3.60
 Chicken Sandwich \$3.60
 Ham & Cheese Sandwich \$3.60
 6" Turkey Sub \$4.60
 6" Ham or Deli Sub \$4.10
 Chicken Snack Wrap \$3.60
 Sandwich Wraps \$4.25-\$5.50

Drinks (Daily):

White Milk 250ml/500ml \$.50 / \$.80
 Chocolate Milk 250ml/500ml \$1.40-2.30
 Juice 200ml/340ml \$1.75/2.00
 Water 500ml/591ml \$1.50/ \$2.00

Salads:

Caesar Salad \$3.75
 Garden Salad \$3.75
 Pasta Salad \$3.75

Snacks assortment:

Veggie sticks w. Dip \$1.50
 Fruit Kebob \$2.85
 Low Fat Cookie \$0.75
 Breadsticks \$1.50
 Cinnamon Bun \$1.50
 Rice Krispy Square \$1.00
 Reduced Fat Banana Loaf \$1.50
 Small Low Fat Muffins \$1.25
 Yogurt 100g \$1.25
 Fruit Cup (3oz) \$2.10
 Yogurt and Berry Cup \$2.10
 Pudding parfait Cup (8oz) \$3.00
 Fruit Smoothie (8oz) \$2.60
 Frozen Yogurt cup (115ml) \$1.75
 Lg Tulip Muffin \$1.50

	Menu Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Meals Week 1	January 06 – 10 January 20 – 24 February 03 – 07 February 24 – 28 March 09 – 13 March 30 – April 03 April 14 – 17 April 27 – May 01 May 11 -15 May 25 – 29 June 08 – 12 June 22 – 26	Italinao! Spaghetti, sauce and meatballs, served with a side salad and a fresh garlic breadstick	Taco Tuesday! Home made Soft, mildly spicy, fresh Chicken Taco Served Mexican rice, corn, Cheese, salsa and sour cream	Home made Goodness! Baked Hamburger Goulash Casserole, Served with side salad and a knot roll	Hot Sandwich! Delicious Pulled Pork on a Bun Served with oven baked Savory Wedges	Pizza Pizza! Ultimate homemade Pizza Panzerotti with sauce and a side salad
	January 13 – 17 January 27 – 31 February 10 – 14 March 02 - 06 March 23 – 27 April 06 – 09 April 20 – 24 May 04 - 08 May 19 – 22 June 01 – 05 June 15 - 19	Italiano! Homemade Baked Lasagna with meat sauce, served with Caesar Salad and a Garlic Breadstick	Taco Tuesday! Homemade Soft, mildly spicy, Beef Taco Served Mexican rice, corn, Cheese, salsa and sour cream	Pasta Bake! Homemade creamy Chicken Alfredo or Mac and cheese with a side salad and a homemade breadstick	Hot Sandwich! Shepherd's Pie with potato and fresh cooked veggies Served with a knot roll	Pizza Pizza! Ultimate Homemade Meat or Veggie Pizza Pocket with a sauce and a side salad

Every Day Favorites!

Pizza Slice \$3.90, Grilled Cheese \$3.50, Home made Hamburgers \$4.00, Soup \$3.50

Every Week	Daily We Combo \$5.25	Pizza slice Small low fat cookie and a white milk or juice box	Garlic Slice Small low fat cookie and a white milk or juice box	Pizza slice Small low fat cookie and a white milk or juice box	Garlic Slice Small low fat cookie and a white milk or juice box	Pizza slice Small low fat cookie and a white milk or juice box
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