

January 2019 Lunch Menu						
◀ Dec 2018						Feb 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Beef soft taco Salad & fruit	8 Mac & Cheese Salad & fruit	9 Butter chicken & rice Salad & fruit	10 Tomato soup & cream cheese bagel Salad & fruit	11 Sloppy Joe Salad & fruit	12
13	14 Veggie Chao Mein Salad & fruit	15 Beef Pita Salad & fruit	16 Spaghetti & Tomato Sauce Salad & fruit	17 Cream chicken soup W/W Salad & fruit	18 P.A Day	19
20	21 Chicken nuggets & rice Salad & fruit	22 Perogies Salad & fruit	23 Beef chili W/W bun Salad & fruit	24 Pasta primavera Salad & fruit	25 Hot chicken sandwich Salad & fruit	26
27	28 Beef nachos Salad & fruit	29 Grilled cheese Salad & fruit	30 Chicken & chick peas On rice Salad & fruit	31 Veggie Tex-Mex Pasta casserole Salad & fruit	* Subject to change	

February 2019 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Beef & barley soup w/w bun Salad & fruit	2
3	4 Chicken & pasta casserole Salad & fruit	5 French toast & yogurt Salad & fruit	6 Meatballs soup w/w bun Salad & fruit	7 Veggie fried rice Salad & fruit	8 Chicken soft taco Salad & fruit	9
10	11 Beef teriyaki on rice Salad & fruit	12 Burritza Salad & fruit	13 Chicken pita Salad & fruit	14 Veggie quesadilla Salad & fruit	15 P.A Day	16
17	18 Family Day Holiday	19 Veggie chilli w/w bun Salad & fruit	20 Burgers Salad & fruit	21 Mac & cheese Salad & fruit	22 Beef pita Salad & fruit	23
24	25 Biryani Salad & fruit	26 Lentil soup Salad & fruit	27 Spaghetti & meat sauce Salad & fruit	28 Perogies Salad & fruit	* Subject to change	

March 2019 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chicken noodle soup w/w bun Salad & fruit	2
3	4 Beef korma in pita Salad & fruit	5 Pizza Salad & fruit	6 Chicken stew on rice Salad & fruit	7 French toast Salad & fruit	8 Beef lasagna Salad & fruit	9
10	11 March Break!!!	12 March Break!!!	13 March Break!!!	14 March Break!!!	15 March Break!!!	16
17	18 Chicken souvlaki on pita Salad & fruit	19 Mac & cheese Salad & fruit	20 Meatballs with gravy on rice Salad & fruit	21 Spaghetti & tomato sauce Salad & fruit	22 Chicken and rice soup Salad & fruit	23
24	25 Beef curry pita Salad & fruit	26 Perogies Salad & fruit	27 BBQ chicken on rice Salad & fruit	28 Lentil stew w/w bun Salad & fruit	29 Beefaroni Salad & fruit	30
31	* Subject to change					

April 2019 Lunch Menu						
◀ Mar 2019						May 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken on pasta Salad & fruit	2 Grilled cheese Salad & fruit	3 Beff stew on rice Salad & fruit	4 Pasta soup w/w bun Salad & fruit	5 Cheese pita Salad & fruit	6
7	8 Chao mein Salad & fruit	9 Veggie lasagna Salad & fruit	10 Chicken noodle soup w/w bun Salad & fruit	11 Soft beef taco Salad & fruit	12 Spaghetti Salad & fruit	13
14	15 Chicken fried rice Salad & fruit	16 Rice and veggies casserole Salad & fruit	17 Crean of chicken w/w bun Salad & fruit	18 Pasta with roasted peppers & cheese sauce Salad & fruit	19 Good Friday Holiday	20
21	22 Easter Monday Holiday	23 French t Salad & fruit oast	24 Meatballs sub Salad & fruit	25 Perogies Salad & fruit	26 Chicken stew w/w bun Salad & fruit	27
28	29 Beef burgers Salad & fruit	30 Mac & cheese Salad & fruit	* Subject to change			