

# October 2019 lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 <i>Pancakes And Yogurt</i>	16 <i>Cream of Chicken w/w bun</i>	17 <i>Pasta and Alfredo Sauce</i>	18 <i>Beef stew And Rice</i>	19
20	21 <i>Hot Chicken Sandwich</i>	22 <i>Poutine</i>	23 <i>Beef Chilli</i>	24 <i>Spaghetti And Tomato Sauce</i>	25 <i>Chicken Soft Taco</i>	26
27	28 <i>Beef Stroganoff With Rice</i>	29 <i>Macaroni And Cheese</i>	30 <i>Chicken and Pasta Casserolle</i>	31 <i>Chao Mein</i>	<i>* Subject to Change.</i>	<i>All Meals are Served With Salads And Fruits.</i>

# November 2019 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* Subject to Change .	*All Meals are Served with Salads and Fruits.				1 Beef Pitta	2
3	4 BBQ chicken sub	5 Veggie Quesadilla	6 Beef Barley Soup w/w bun	7 Tex Mex pasta casserole	8 Butter chicken And Rice	9
10	11 Spaghetti and Meat sauce	12 French toast And Yogurt	13 Chicken Alfredo on Rice	14 Perogies And Sourcream	15 PA DAY	16
17	18 Beef Rotti	19 Grilled cheese	20 Chicken and chic peas w/ rice	21 Roasted pepper Creamy pasta	22 Meatball soup w/w bun	23
24	25 Chicken stew And Rice	26 PIZZA	27 Beef Alfredo Sub	28 Mac & Cheese	29 Chicken Noodle soup w/wbun	30

# December 2019 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Sloppy Joe</i>	3 <i>Pancake And Yogurt</i>	4 <i>Chicken Souvlaky on pitta</i>	5 <i>Spaghetti And Tomato sauce</i>	6  <i>P A D A Y</i>	7
8	9 <i>Chicken soft taco</i>	10 <i>Grill cheese</i>	11 <i>Meatball in gravy w/ rice</i>	12 <i>Perogies and Sour cream</i>	13 <i>Chicken and Rice soup w/w bun</i>	14
15	16 <i>Beef burger</i>	17  <i>P I Z Z A</i>	18 <i>Chicken Teriyaki On rice</i>	19 <i>Mac &amp; Cheese</i>	20 <i>Hot turkey sandwich</i>	21
22	23	24	25	26	27	28
<i>Merry Christmas and Happy New Year</i>						
29	30	31			<i>* Subject to Change .</i>	<i>*All Meals are Served with Salads and Fruits.</i>