

# November Hot Lunch Menu



## Monday 30

**Pani's Butter Chicken**  
served with rice & naan

**Crispy Sweet & Sour Pork**  
served with white rice

## Tuesday 31

**HAPPY HALLOWEEN!!**  
**Frogs Eyes & Pig Tale Pasta**  
pasta & meatballs served with garlic bread  
**Mummy's in a Blanket**  
all beef hot dog wrapped in pastry

## Wednesday 01

**Veggie Stir Fry with Tofu**  
served with rice

**Cheesy Ham & Broccoli Pasta**  
served with garlic bread

## Thursday 02

**Crispy Fish Sandwich**  
served with tartar sauce & fries

**Chicken or Veggie Stir-Fry**  
served with noodles & a spring roll

## Friday 03

**Chicken Katsu**  
served with rice & mixed veggies

**Creamy Tomato Pasta**  
served with garlic bread

## Monday 06

**Honey Soy Chicken**  
served with rice & broccoli

**Beef Vegetable Soup**  
served with garlic toast

## Tuesday 07

**Pulled Pork Tacos**  
served with sour cream & salsa

**Coconut Chicken or Veggie Curry**  
served with rice

## Wednesday 08

**BBQ Chicken Drumsticks**  
served with mashed potatoes & veggies

**Pasta with Meatballs or Veggies**  
served with garlic bread

## Thursday 09

**Crispy Pork Chops**  
served with mashed potatoes & veggies

**Beef or Cheese Quesadilla**  
served with sour cream & salsa

## Friday 10

**Chicken Tenders**  
served with fries

**Baked Veggie Penne**  
served with garlic bread

## Monday 13

**Chicken or Crispy Tofu Teriyaki**  
served with rice

**Beef Lasagna**  
served with garden salad

## Tuesday 14

**Beef Tacos**  
hard shell served with sour cream & salsa

**Grilled Cheese Sandwich**  
served with chicken noodle soup

## Wednesday 15

**All Beef Hot Dogs**  
served with fries

**Fresh Garden Pasta**  
served with garlic bread

## Thursday 16

**Fish & Chips**  
served with tartar sauce

**Jerk Chicken Dinner**  
served with rice & beans & plantains

## Friday 17

**Meatball Sub**  
served with Caesar salad

**Creamy Mac & Cheese**  
served with garlic bread

## Monday 20

**Popcorn Chicken Bowl**  
served with mashed potatoes, corn & gravy

**Pesto Pasta**  
served with garlic twists

## Tuesday 21

**Fish Tacos**  
served with coleslaw

**Chicken Parmesan**  
served with pasta & marinara sauce

## Wednesday 22

**BBQ Cheeseburger**  
served with fries

**Broccoli Alfredo**  
served with garlic bread

## Thursday 23

**AMERICAN THANKSGIVING**  
**Turkey Dinner**  
served mashed potatoes, stuffing & gravy  
**Creamy Mac & Cheese**  
served caesar salad

## Friday 24

**Chicken Tenders**  
served with fries

**Creamy Tomato Pasta**  
served with garlic bread

## Monday 27

**Cheese Pizza**  
served with Caesar salad

**Pepperoni Pizza**  
served with Caesar salad

## Tuesday 28

**Pulled Beef Tacos**  
soft shell served with sour cream & salsa

**Chicken or Veggie Stir-Fry**  
served with noodles & a spring roll

## Wednesday 29

**Beef or Cheese Quesadilla**  
served with sour cream & salsa

**Coconut Chicken Curry**  
served with rice

## Thursday 30

**Crispy Sweet & Sour Pork**  
served with white rice

**Veggie or Beef Stir-Fry**  
served with rice