

# SEPTEMBER Hot Lunch Menu



**Monday 02**

**Vegetable Chow Mein (v)**  
served with a spring roll

**Honey Soy Chicken**  
served with rice

**Tuesday 03**

**Roasted Vegetable Tacos (v)**  
served with sour cream & salsa

**Meatball Pasta**  
served with garlic bread

**Wednesday 04**

**Beef Brisket & Mash**

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

**Thursday 05**

**Roast Chicken**  
served with roasted potatoes & veggies

**Tofu Veggie Stir-fry (v)**  
served with roasted potatoes

**Friday 06**

**Chicken Tenders**  
served with fries

**Creamy Mushroom & Spinach Pasta (v)**  
served with garlic bread

**Monday 09**

**Veggie Potstickers (v)**  
served with fried rice

**Chicken Schnitzel**  
with mashed potatoes & mushroom gravy

**Tuesday 10**

**BBQ Ranch Chicken Tacos**  
served with sour cream & salsa

**Vegan Curry (v)**  
served with rice

**Wednesday 11**

**Cheese Pizza (v)**  
served with Caesar salad

**Pepperoni Pizza**  
served with Caesar salad

**Thursday 12**

**Fish & Chips**  
served with tartar sauce

**Beef Lasagna**  
served with garlic bread

**Friday 13**

**Butter Chicken**  
served with basmati rice

**Vegetable Rundown (v)**  
served with cornbread & plantain

**Monday 16**

**TEACHER IN-SERVICE**

**Tuesday 17**

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

**Chicken or Broccoli Alfredo (v)**  
served with garlic bread

**Wednesday 18**

**Pork TonKatsu**  
served with rice

**Caprese Sandwich (v)**  
served with black bean soup

**Thursday 19**

**Jerk Chicken Plate**  
served with rice & beans & plantain

**Vegetable Pad Thai (nut-free)**

**Friday 20**

**General Tso's Chicken**  
served with rice

**Aloo Gobi (v)**  
served with pita bread

**Monday 23**

**Sweet & Sour Chicken**  
served with rice

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

**Tuesday 24**

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

**Mac & Cheese (v)**  
served with garlic bread

**Wednesday 25**

**Chicken Parmesean**  
served with marinara pasta

**Cottage Pie**

**Thursday 26**

**Cayman Style Beef**  
served with rice & beans & plantain

**Creamy Garden Pasta (v)**  
served with garlic bread

**Friday 27**

**Big Mac Burger**  
served with fries

**Veggie Burger (v)**  
served with fries

**Monday 30**

**Chicken Tenders**  
served with fries

**Veggie Lasagna (v)**  
served with garlic bread

**Tuesday Oct. 01**

**Fish Tacos**  
served with coleslaw & tartar sauce

**Chicken Teriyaki**  
served with rice

**Wednesday Oct. 02**

**Pesto Pasta (v)**  
served with garlic bread

**Chicken Caesar Wrap**  
served with beef & vegetable soup

**Thursday Oct. 03**

**Coconut Chicken Curry**  
served with rice

**Corn & Bean Quesadilla (v)**  
served with sour cream & salsa

**Friday Oct. 04**

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

**Veggie Potstickers (v)**  
served with stir-fry veggies