

# October Hot Lunch Menu



**Monday 02**

**Cheeseburgers**

served with fries

**Broccoli Alfredo**

served with garlic bread

**Tuesday 03**

**Pulled Pork Tacos**

served with sour cream & salsa

**Grilled Cheese Sandwich**

served with chicken noodle soup

**Wednesday 04**

**Creamy Tuscan Chicken**

served with rice

**Pesto Pasta Penne**

served with garlic twist

**Thursday 05**

**Crispy Pork Chops**

served with roasted potatoes & veggies

**Beef or Cheese Quesadilla**

served with sour cream & salsa

**Friday 06**

**Popcorn Chicken Bowl**

served with mashed potatoes, corn & gravy

**Veggie Pot Stickers**

served with fried rice

**Monday 09**

**CANADIAN THANKSGIVING**

**Turkey Dinner**

served mashed potatoes, stuffing & gravy

**Creamy Mac & Cheese**

served caesar salad

**Tuesday 10**

**Fish Tacos**

served with coleslaw

**Coconut Chicken or Veggie Curry**

served with rice

**Wednesday 11**

**Chicken Katsu**

served with rice & mixed veggies

**Creamy Tomato Pasta**

served with garlic bread

**Thursday 12**

**Honey Soy Chicken**

served with rice & mixed veggies

**Creamy Broccoli & Cheddar Soup**

served with garlic bread

**Friday 13**

**Chicken Tenders**

served with fries

**Impossible Burger (plant based)**

served with fries

**Monday 16**

**HAVE A**

**Tuesday 17**

**FUN & SAFE**

**Wednesday 18**

**MID - TERM**

**Thursday 19**

**BREAK**

**Friday 20**

**CIS**

**Monday 23**

**BBQ Chicken Breast**

served with mashed potatoes & veggies

**Pasta with Meatballs or Veggies**

served with garlic bread

**Tuesday 24**

**Beef or Veggie Tacos**

hard shell served with sour cream & salsa

**General Tso Chicken**

served with rice

**Wednesday 25**

**Pulled Chicken & Black Bean Chili**

with Mexican rice

**Creamy Mushroom & Spinach**

**Pasta**  
with garlic bread

**Thursday 26**

**Cheese Pizza**

served with Caesar salad

**Pepperoni Pizza**

served with Caesar salad

**Friday 27**

**Jerk Chicken Dinner**

served with rice & beans & plantain

**Fish & Chips**

served with tartar sauce

**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