

# NOVEMBER Hot Lunch Menu



## Monday oct 28

**Chicken Souvlaki Plate**  
with lemon rice & creamy cucumber salad

**Parmesan Roasted Veggies (V)**  
carrot, cauliflower, broccoli, potato

## Tuesday oct 29

**Veggie & Tofu Stir-Fry (V)**  
served with rice

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

## Wednesday oct 30

**HAPPY DIWALI**

**Butter Chicken**  
served with Basmati rice & pita

**Vegetable Lasagna (V)**  
served with garlic bread

## Thursday oct 31

**HAPPY HALLOWEEN**

**Frog Eyes & Pig Tail Pasta**  
Marinara pasta with meatballs

**Zombie Fingers**  
hot dog with fries

## Friday 01

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

**Fish & Chips**  
served with tartar sauce

## Monday 04

**Pasta Bolognese**  
served with garlic bread

**Corn & Bean Quesadillas (V)**  
served with sour cream & salsa

**Sweet & Sour Chicken**  
served with rice

## Tuesday 05

**Cottage Pie**

**Roasted Tofu & Veggie Tacos (V)**  
served with creamy cilantro sauce

**General Tso Chicken**  
served with rice

## Wednesday 06

**Chicken Burrito Bowl**

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

**Beef Lasagna**  
served with garlic bread

## Thursday 07

**Creamy Tuscan Chicken**  
served with rice

**Vegetable Stir Fry Noodles (V)**  
served with a spring roll

**Big Mac Burger**  
served with fries

## Friday 08

**Chicken Tenders**  
served with fries

**Caponata (V)**  
with cheesy polenta

**Beef Chow Mein**

## Monday 11

**Brisket & Mash**

**Falafel Bowl (V)**  
served with brown rice

**Grilled Chicken Bowl**  
served with brown rice

## Tuesday 12

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

**Edamame Pot Stickers (V)**  
served with fried rice

**Turkey Club Sandwich**  
served with cauliflower soup

## Wednesday 13

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

**Pepperoni Pizza**  
served with Caesar salad

**Jerk Chicken Alfredo**  
served with garlic bread

## Thursday 14

**Chicken Parmesan**  
served with marinara pasta

**Chicken Teriyaki**  
served with rice

**Falafel Pita (V)**  
served with potato leek soup

## Friday 15

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

**Vegetable Tagine (V)**  
served with couscous

**Fish & Chips**  
served with tartar sauce

## Monday 18

**Peri-Peri Chicken**  
with lemon rice & creamy cucumber salad

**Cheeseburger**  
served with fries

**Vegetable Stir Fry (V)**  
served with tofu

## Tuesday 19

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

**Coconut Vegan Curry (V)**  
served with rice

**Beef Risssole**  
served with mashed potato & peas

## Wednesday 20

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

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

**Chicken Enchiladas**

## Thursday 21

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

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

**Vegetable Chow Mein (V)**  
served with pot stickers

## Friday 22

**Meatball Sub**  
served with Caesar salad

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

**Orange Chicken**  
served with rice

## Monday 25

**Beef & Broccoli**  
served with rice

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

**Chicken Tenders**  
served with fries

## Tuesday 26

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

**Veggie Baked Penne (V)**  
served with garlic bread

**Chicken Shawarma Bowl**

## Wednesday 27

**Sweet & Sour Chicken**  
served with rice

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

**Beef Chili**  
served with rice

## Thursday 28

**AMERICAN THANKSGIVING**

**Turkey dinner**  
with mashed potatoes, stuffing, green beans

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

**Vegetable & Cheese Casserole**

## Friday 29

**Creamy Tomato Garden pasta (V)**  
served with garlic bread

**Crispy Chicken Sandwich**  
served with fries

**Pork Tonkatsu**  
served with rice