

JANUARY

Hot Lunch Menu



Monday 06

TEACHER INSERVICE

Tuesday 07

Butter Chicken
served with rice & naan bread
Vegetable Lasagna (v)
served with garlic bread
Pulled Pork Tacos
Served with sour cream & salsa

Wednesday 08

Pesto Pasta (v)
served with garlic bread
Fish & Chips
served with tartar sauce
BBQ Chicken
Served with mashed potatoes & veggies

Thursday 09

Sweet & Sour Chicken
served with rice
Caprese Sandwich
Served with black bean soup
Cottage Pie

Friday 10

Pasta Bolognese
served with garlic bread
General Tso Chicken
served with rice
Vegetable Tagine (v)
served with couscous

Monday 13

Creamy Tuscan Chicken
served with rice
Beef Lasagna
served with garlic bread
Vegetable Coconut Curry (v)
served with rice

Tuesday 14

Pulled Beef Tacos
served with sour cream & salsa
Vegetable Stir Fry
served with a spring roll
Big Mac Burger
served with fries

Wednesday 15

Chicken Schnitzel
with mashed potatoes and mushroom gravy
Caponata
served with cheesy polenta
Beef Chili
served with mashed potatoes

Thursday 16

Creamy Garden Pasta (v)
Served with garlic bread
Falafel Bowl
served with brown rice
Grilled Chicken Bowl
served with brown rice

Friday 17

Chicken Tenders
served with fries
Edamame Pot Stickers (v)
Served with fried rice
Brisket & Mash

Monday 20

Beef Fried Rice
Vegetable & Tofu Stir Fry (v)
Grilled Cheese Sandwich (v)
served with tomato soup

Tuesday 21

Chicken Parmesan
served with marinara pasta
Chicken Teriyaki
served with rice
BBQ Chicken Ranch Tacos
served with sour cream & salsa

Wednesday 22

Cheese Pizza
served with Caesar salad
Pepperoni Pizza
served with Caesar salad
Jerk Chicken Alfredo
served with garlic bread

Thursday 23

Popcorn Chicken Bowl
served with mashed potatoes & corn
Falafel Pita
served with potato leek soup
Peri Peri Chicken
with lemon rice & creamy cucumber salad

Friday 24

All Beef Hot Dog
Served with fries
Corn & Bean Quesadilla
served with sour cream & salsa
Crispy Fish Sandwich
served with fries

Monday 27

HEROES DAY

Tuesday 28

Fish Tacos
served with coleslaw & tartar sauce
Vegetable Rundown (v)
served with cornbread & plantain
Beef Rissole
served with mashed potatoes & peas

Wednesday 29

Chicken Caesar Wrap
served with beef & veggie soup
Pork Ton Katsu
served with rice
Vegetable Pad Thai (nut free)

Thursday 30

Beef or Cheese Quesadilla
Served with sour cream & salsa
Vegetable Chow Mein (v)
served with pot stickers
Orange Chicken
served with rice

Friday 31

Meatball Sub
Served with Caesar salad
Creamy Mushroom & Spinach Pasta (v)
served with garlic bread
Jerk Chicken Plate
Served with rice & beans & plantain