

OCTOBER Hot Lunch Menu



Monday 30

Vegetable Lasagna (v)
served with garlic bread

Chicken Tenders
served with fries

Tuesday 01

Chicken Teriyaki
served with rice

Fish Tacos
served with coleslaw & tartar sauce

Wednesday 02

Pesto Pasta (v)
served with garlic bread

Chicken Caesar Wrap
served with beef & veggie soup

Thursday 03

Coconut Chicken Curry
served with rice

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

Friday 04

Edamame Pot Stickers (v)
served with stir fried veggies

Popcorn Chicken Bowl
served with mashed potatoes & corn

Monday 07

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

General Tso Chicken
with rice

Tuesday 08

Jamaican Ital Stew (v)
served with rice & beans & plantain

Pulled Chicken Tacos
served with sour cream & salsa

Wednesday 09

Cheese Pizza (v)
served with Caesar salad

Pepperoni Pizza
served with Caesar salad

Thursday 10

Vegetable Chow Mein (v)
served with a spring roll

Chicken Schnitzel
served with mashed potato & mushroom gravy

Friday 11

Canadian Thanksgiving
Turkey Dinner
with mash potato, stuffing and green beans
Mac & Cheese (v)
served with garlic bread

Monday 14

MID-TERM BREAK

Tuesday 15

MID-TERM BREAK

Wednesday 16

MID-TERM BREAK

Thursday 17

MID-TERM BREAK

Friday 18

MID-TERM BREAK

Monday 21

Vegetable Rundown (v)
served with corn bread & plantain

Chicken Pot Stickers
served with fried rice

Tuesday 22

Aloo Gobi (v)
served with rice & pita bread

Beef Tacos
served hard shell with sour cream & salsa

Wednesday 23

Grilled Cheese Sandwich (v)
served with tomato soup

Jerk Chicken Plate
served with rice & beans & plantain

Thursday 24

Creamy Garden Pasta (v)
served with garlic bread

Chicken or Cheese Quesadilla
served with sour cream & salsa

Friday 25

Veggie Burger (v)
served with Caesar salad

Cheese Burger
served with fries

Monday 28

Chicken Souvlaki Plate
with lemon rice & creamy cucumber salad

Parmesan Roasted Veggies (v)
carrot, cauliflower, broccoli, potato

Tuesday 29

Veggie & Tofu Stir-Fry (v)
served with rice

Pulled Pork Tacos
served with sour cream & salsa

Wednesday 30

HAPPY DIWALI
Butter Chicken
served with Basmati rice & pita
Vegetable Lasagna (v)
served with garlic bread

Thursday 31

HAPPY HALLOWEEN
Frog Eyes & Pig Tail Pasta
Marinara pasta with meatballs
Zombie Fingers
All-beef hot dog with fries

Friday Nov. 01

BBQ Chicken
served with mashed potatoes & veggies

Fish & Chips
served with tartar sauce