



2024-2025



CHEF'S TABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sweet & Sour Meatballs, Brown Rice & Sauteed Vegetables	Soft Shell Chicken Taco with Cheese and Vegetables. Served with Raw Pepper Slices	Mini Cheese <u>or</u> Veggie Pizza. Served with Carrot sticks and Pineapple	Shepherd's Pie Mashed Potato Bowl with Sweet Corn	Sloppy Joe Sandwich, Brown Rice and Sauteed Vegetables
	\$8.00 includes small white milk or 500ml water	\$7.00 includes small white milk or 500ml water	\$7.00 includes small white milk or 500ml water	\$8.00 includes small white milk or 500ml water	\$8.00 includes small white milk or 500ml water
	Cheesy Rotini Pasta \$6.00	Fettucine Alfredo \$6.00	Macaroni & Cheese \$6.00	Spaghetti and Meatsauce \$6.00	Goulash \$6.0
VALUE MEAL	Bagel With Cream Cheese and Can of Bubly \$5.00	Grilled Cheese with Chicken Noodle Soup \$6.00	Chicken Eggroll in a Bowl with Rice and Plum sauce \$5.00	1/2 Chicken Caesar Wrap with Home Made Baked Potato Wedges \$5.00	Chicken Snack Warp with Carrot sticks \$5.00
WEEK 2	Beef Burger with Raw Carrots and Apple slices	Soft Shell Beef Taco with Cheese and Vegetables. Served with Raw Pepper Slices	Mini Cheese <u>or</u> Veggie Pizza. Served with Carrot sticks and Pineapple	Sweet Chili Chicken Stir Fry over Rice	Pulled Pork Sandwich with Side Salad
	\$8.00 includes small white milk or 500ml water	\$7.00 includes small white milk or 500ml water	\$7.00 includes small white milk or 500ml water	\$7.00 includes small white milk or 500ml water	\$8.00 includes small white milk or 500ml water
	Rigatoni with Meatballs \$6.00	Fettucine Alfredo \$6.00	Macaroni & Cheese \$6.00	Meat Ravioli \$6.00	Goulash \$6.00
VALUE MEAL	Bagel With Cream Cheese and Can of Bubly \$5.00	Grilled Cheese with Chicken Noodle Soup \$6.00	Chinese Rice Bowl \$ 500ml Water \$5.00	Greek Pita & Homemade Baked potato Wedges \$5.00	Chicken Snack Warp with Carrot sticks \$5.00
WEEK 1 DATES		WEEK 2 DATES		WEEK 3 DATES	
September 9-13	February 24-28	September 16-20	March 3-7	September 23-27	February 17-21
September 30-4	March 17-21	October 7-11	March 24-28	October 14-18	March 31-4
October 21-25	April 7-11	October 28-1	April 14-18	November 4-8	April 21-25
November 11-15	April 28-2	November 18-22	May 5-9	November 25-29	May 12-16
December 2-6	May 19-23	December 9-13	May 26-30	December 16-20	June 2-6
January 13-17	June 9-13	January 20-24	June 16-20	January 6-10	June 23-27
February 3-7		February 10-15		January 27-31	