

## SCHOOL MEAL PROGRAM

Hot Lunch Menu Date: October 2<sup>nd</sup> – 31<sup>st</sup> 2023

Thank you for supporting the School Meal Program

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b> <b>STAT HOLIDAY</b> Truth & Reconciliation	<b>03</b> Spaghetti & Meatballs Spaghetti & Veggie Meatballs	<b>04</b> Omelette with Potato Wedges Same for Veggie option	<b>05</b> Chicken Fried Rice Egg Fried Rice	<b>06</b> Chicken Fingers with whole Grain Rice Veggie Chicken Fingers / WG Rice
<b>09</b> <b>STAT HOLIDAY</b> Thanksgiving	<b>10</b> Chicken Burger with Potato Wedges Veggie Burger with Potato Wedges	<b>11</b> Beef Meatballs with Mashed Potatoes/Gravy Veggie Meatballs with Mashed Potatoes/Gravy	<b>12</b> Garlic Chicken Penne, Peas & Carrots Garlic Powder Mix Penne, Peas & Carrots	<b>13</b> Pancakes with Turkey Sausages Pancakes (syrup provided)
<b>16</b> Chicken Parmesan over Rotini Pasta Tomato Pasta Parmesan over Rotini Pasta	<b>17</b> Beef Meatball Sub Veggie Meatball Sub	<b>18</b> Cheese Tortellini with Tomato Sauce Same for Veggie option	<b>19</b> Beef & Chicken Shepherd's Pie Veggie Ground Shepherd's Pie	<b>20</b> <b>PRO-D DAY</b> <b>ALL SCHOOLS</b>
<b>23</b> Topsy Turvy Pasta with Meat Sauce Veggie Topsy Turvy Pasta with Meatless Sauce	<b>24</b> Cheese Perogies (sour cream) Same for Veggie option	<b>25</b> Macaroni and Cheese Same for Veggie option	<b>26</b> BBQ Beef Meatballs with Mashed Potatoes BBQ Veggie Meatballs with Mashed Potatoes	<b>27</b> Hot Dog Veggie Hot Dog
<b>30</b> Spaghetti and Meatballs Spaghetti and Veggie Meatballs	<b>31</b> Omelette Potato Wedges Same for Veggie option			