

Week 1	Monday 11/03	Tuesday 11/04	Wednesday 11/05	Thursday 11/06	Friday 11/07
Regular	Beef Chili and Baked Potato	Turkey Hot Dog Potato Wedges Side Ketchup	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce)	No Service Day	Alfredo Pasta Peas
2 nd Choice	French Toast Yogurt Fruit of the Day Syrup	Greek Pasta Salad	Chicken Fried Rice Spring Roll		Beef Meatball Tator Tot Poutine
Vegetarian	Veggie Chili and Baked Potato	Veggie Hot Dog Potato Wedges Side Ketchup	Vegetarian Goulash (Veggie Ground Round and Macaroni in a mild-spiced tomato sauce)		Alfredo Pasta Peas
Halal Friendly	French Toast Yogurt Fruit of the Day Syrup	Halal Turkey Hot Dog Potato Wedges Side Ketchup	Halal Chicken Fried Rice Spring Roll		Halal Beef Meatball Tator Tot Poutine







Week 2	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Regular	Chicken Burger Potato Wedges Side Ketchup Side Mayonnaise	Remembrance Day	Spaghetti and Meat Sauce	No Service Day	Sunshine Sandwich Potato Wedges Side Ketchup
2 nd Choice	Pancakes Yogurt Fruit of the Day Syrup		Fish Sticks Rice Carrot Coins Side Ketchup		BBQ Meatballs Mashed Potatoes Corn
Vegetarian	Veggie Chick'n Burger Potato Wedges Side Ketchup		Spaghetti and Tomato Sauce		Sunshine Sandwich Potato Wedges Side Ketchup
Halal Friendly	Pancakes Yogurt Fruit of the Day Syrup		Fish Sticks Rice Carrot Coins Side Ketchup		Halal BBQ Beef Meatballs Mashed Potatoes Corn





Week 3	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Regular	Macaroni and Cheese Sunrise Mixed Vegetables	Crunchy Chicken Ranch Wrap	Meatball Submarine Fruit of the Day	No Service Day	Pro D-Day
2 nd Choice	Butter Chicken Rice Peas	Topsy Turvy Pasta	Chicken Teriyaki Noodle Bowl California Mixed Vegetables		
Vegetarian	Butter Chickpeas Rice Peas	Topsy Turvy Pasta	Tofu Teriyaki Noodle Bowl California Mixed Vegetables		
Halal Friendly	Halal Butter Chicken Rice Peas	Halal Crunchy Chicken Ranch Wrap	Halal Meatball Submarine Fruit of the Day		



Week 4	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Regular	Chicken Fried Rice Spring Roll Plum Sauce	Beef Lasagna	Chicken Shawarma Rice Pilaf	No Service Day	Cheesy Flatbread Fruit of the Day
2 nd Choice	French Toast Fruit of the Day Syrup	Crunchy Chicken Ranch Salad	Macaroni and Cheese Sunrise Mix Vegetables		Chicken Alfredo Penne Pasta
Vegetarian	French Toast Fruit of the Day Syrup	Veggie Chick'n Ranch Salad	Macaroni and Cheese Sunrise Mix Vegetables		Cheesy Flatbread Fruit of the Day
Halal Friendly	Halal Chicken Fried Rice Spring Roll Plum Sauce	Crunchy Chicken Ranch Salad	Halal Chicken Shawarma Rice Pilaf		Cheesy Flatbread Fruit of the Day

