



Sept 4-7
 Sept 24-28
 Oct 15-19
 Nov 5-9
 Nov 26-30
 Dec 17-21
 Jan 7-11
 Jan 28-Feb 1
 Feb 18-22
 Mar 11-15
 Apr 1-5
 Apr 22-26
 May 13-17
 Jun 3-7

Monday

Spaghetti with Meat Sauce or Marinara Sauce served with Caesar or Garden Salad
 Apple Crisp

Tuesday

Roasted Chicken and Fresh Vegetables With Hand cut Potato Wedges
 Apple Chutney

Wednesday

Homemade Shepherd's Pie Strawberry Topped Salad

Thursday

Homemade Meat Lasagna or Vegetarian Lasagna
 Caesar or Garden Salad Topped with Berries

Friday

Chicken Quesadilla with Baked Potato Sticks Seasonal Vegetables Red Cabbage and Apple Slaw

Middle



Meal Price :
 Includes Milk \$6.00

Sandwiches:
 Grilled Cheese \$3.25
 Chicken Salad Sandwich \$3.50
 Egg \$3.50

Drinks:
 250ml White \$0.50
 Bottled Water \$1.50

Salads:
 Caesar Salad \$3.50
 Garden Salad \$3.50
 Add Chicken to your salad \$1.25

Other

Snacks:
 Veggies and Dip \$1.50
 Crackers & Cheese \$1.75
 Fresh Fruit \$1.25
 Fruit Cup \$2.00
 Apple Slices w/Dip \$2.75
 Pudding Cup \$1.75
 Homemade Cookie \$0.75
 Homemade Muffin \$1.50
 Homemade Banana Bread \$1.50

Pre-order with ease at www.schoollunchorder.ca



Monday

Ham Dinner with Mashed Potatoes Veggies
 Apple Sauce

Tuesday

Sweet & Sour Meatballs Served with Rice and Carrots
 Asian Cucumber Mango Salsa

Wednesday

Homemade Creamy Macaroni & Cheese, Ham Slice Veggie Sticks
 Blueberry Crisp

Thursday

Chicken Breast Sub or Veggie Sub
 Homemade Vegetable Soup
 Mandarin Spinach Salad

Friday

Open Face Hot chicken Sandwich, Mashed Potatoes and Veggie
 Apple Carrot Slaw

Monday

Chicken Drumstick Mashed Potato and Mixed Vegetables
 Apple Crisp

Tuesday

Homemade Pancakes topped with Fruit
 Grilled Ham or no Ham
 Red Cabbage and Apple Slaw

Wednesday

Sloppy Joe With Garden Salad Topped with Berries

Thursday

Homemade Chicken Fingers With Oven Baked Potato Sticks
 Asian Pineapple Dipping Sauce

Friday

Open Face Hot Beef Sandwich with Mashed Potatoes, Veggies and Asian Coleslaw

Pizza Slice
 Homemade Hamburger, Chicken Breast, Grilled Chicken Snack or Soft Beef Taco served with Veggie Sticks Or Garden Salad and Fruit of the Day

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Sept 17-21
 Oct 8-12
 Oct 29-Nov 2
 Nov 19-23
 Dec 10-14
 Dec 21-25
 Jan 21-25
 Feb 11-15
 Mar 4-8
 Mar 25-29
 Apr 15-19
 May 8-10
 May 27-31

Meals made with Whole Grain and Enriched White Products, Meats and Vegetables are Local NB Products!