

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Sept. 01 Feb. 02 Sept. 29 March 09 Oct. 27 April 06 Nov. 24 May 04 Jan. 05 June 01	Beef & Vegetable Soup Honey & Garlic Chicken Baked Tomato Pasta Couscous Mixed Vegetables Dessert of the day	Cream of Mushroom Oriental Beef & Greens Sweet & Sour Chicken Rice and Barley Garden Salad Dessert of the day	Cream of Vegetables Swedish Meatballs Macaroni & Cheese Garlic Potatoes Green Beans Dessert of the day	Potato & Leek Soup Chicken & Broccoli Stir Fry Lasagna, Meat Sauce Rice Noodles Caesar Salad Dessert of the day	Chicken & Sweet Corn Baked Fish Fillet Spanish Rice with Ham Mashed Potatoes Seasonal Vegetables Dessert of the day
WEEK 2 Sept. 08 Feb. 09 Oct. 06 March 16 Nov. 03 April 13 Dec. 01 May 11 Jan. 12 June 08	Creole Vegetable Soup Salisbury Steak Baked Chicken Noodles Boiled Potatoes Carrots Dessert of the day	Lentil Soup Sweet & Sour Pork Garden Omelet Egg Noodles Eroccoli Dessert of the day	Barley Soup Turkey Meat Loaf Tomato & Beef Macaroni Brown Rice Seasonal Vegetable Dessert of the day	Cream of Celery BBQ Chicken Legs Baked Mexican Rice & Beans Paprika Potatoes Green Beans Dessert of the day	Cream of Tomato Baked Honey Mustard Chicken Tuna Casserole Herbed Rice Carrot sticks Dessert of the day
WEEK 3 Sept. 15 Feb. 16 Oct. 13 March 23 Nov. 10 April 20 Dec. 08 May 18 Jan. 19 June 15	Cream of Spinach Sweet & Sour Meatballs Baked Tortellini Rosée Seasoned Couscous Bean Medley Dessert of the day	Garden Harvest Soup Vegetarian Frittata Pasta Meat Sauce Herbed Potatoes Mixed Vegetables Dessert of the day	Italian Style Cream of Tomato Curried Chicken Shepherd's Pie Egg Noodles Beets Dessert of the day	Beef Barley Soup Turkiaki Fiesta Vegetarian Chili Whole Wheat Bun Caesar Salad Dessert of the day	Chicken & Vegetable Soup Pork Souvlaki Lemon & Thyme Fish Mashed Potatoes Veggie Sticks & Dip Dessert of the day
WEEK 4 Aug. 25 Feb. 23/March 02 Sept. 22 March 30 Oct. 20 April 27 Nov. 17 May 25 Dec. 15 June 22 Jan. 26	Chicken Noodle Soup Chili Con Carne Tofu Fiesta Savory Rice Broccoli Dessert of the day	Tomato & Vegetable Soup Fish Fillet au Gratin Hot Chicken Sandwich Herbed Fusilli Peas Dessert of the day	Chicken & Rice Soup Cajun Meat Loaf Vegetarian Lasagna Garlic Potatoes Seasonal Vegetable Dessert of the day	Cream of Vegetable Chicken Chow Mein Soft Beef Tacos Rice Noodles Carrots Dessert of the day	Curried Lentil Soup Hawaiian Pork Manicotti with Ricotta and Herbs Rice & Barley Wax Beans Dessert of the day



In the wake of the implementation of the new Lester-B.-Pearson School Board food policy, other changes will be made this year.

They will be aimed more specifically at snacks and desserts. Ask for more details at your food service.

Have a great and successful school year!

Let's work together to offer
Healthy food choices
at school

great people
great service
great results

Note: Any serving of a hot vegetable can be replaced with a green salad.

Menu approved by *Caroline Boyer, Dt. P.*, M.B.A. Member #: 3274