

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Week 1</b>	Sept 14-18 Sept 28-Oct 2 Oct 12-16 Oct. 26-30 Nov 9-13 Nov 23-27 Dec 7-11 Dec 21-25 Jan 4-8 Jan 18-22 Feb 1-5 Feb 15-19	BBQ Chicken with Mashed Potato and Mixed Vegetables with Small Milk or Juice \$5.75	2 Soft Beef Tacos and Mexican Rice with Small Milk or Juice \$5.75	Chicken Parmesan Sandwich and Baked Fries with Small Milk or Juice \$5.75	Chicken Stir Fry and Rice with Small Milk or Juice \$5.75	BBQ Chicken Wrap with Small Milk or Juice \$5.75
	Alternate Meal Served with Small Milk or Juice	Garlic Slice and Side Salad \$5.75	Chicken Nuggets and Baked Fries \$6.00	Pancakes and Chicken Sausages \$5.75	Hamburger and Baked Wedges \$5.75	Pizza Slice and Side Salad \$5.75
	Daily Soup/Salad/Deli	Crispy Chicken Wrap \$5.75	Chicken Caesar Salad \$5.25	Chicken Noodle Soup \$3.75	Garden Salad \$4.00	Grilled Chicken Wrap \$5.75
<b>Week 2</b>	Sept 21-25 Oct 5-9 Oct 19-23 Nov 2-6 Nov 16-20 Nov 30-Dec 4 Dec 14-18 Dec 28-Jan 1 Jan 11-15 Jan 25-29 Feb 8-12 Feb 22-26	Spaghetti and Meat Sauce with Small Milk or Juice \$5.75	Chicken Quesadilla and Mexican Rice with Small Milk or Juice \$5.75	BBQ Chicken Flatbread with Small Milk or Juice \$5.75	Creamy Macaroni and Cheese with Small Milk or Juice \$5.75	Sweet & Sour Chicken Balls and Fluffy Rice with Small Milk or Juice \$5.75
	Alternate Meal Served with Small Milk or Juice	Garlic Slice and Side Salad \$5.75	Chicken Nuggets and Baked Fries \$6.00	Pancakes and Chicken Sausages \$5.75	Hamburger and Baked Wedges \$5.75	Pizza Slice and Side Salad \$5.75
	Daily Soup/Salad/Deli	Crispy Chicken Wrap \$5.75	Chicken Caesar Salad \$5.25	Chicken Noodle Soup \$3.75	Garden Salad \$4.00	Grilled Chicken Wrap \$5.75

Grilled Cheese Sandwich \$3.75  
Ham & Cheese Sandwich \$4.00  
Crispy Chicken Wrap \$5.75  
Chicken Caesar Wrap \$5.75  
Grilled Chicken Wrap \$5.75  
Caesar or Garden Salad \$4.00  
Chicken Caesar Salad \$5.25

250ml White \$0.60  
250ml Choc Milk \$0.60  
114ml Juice \$1.00  
341 ml Can Juice \$2.00  
591ml Bottle Water \$2.25

Pizza Slice \$4.00  
Garlic Round \$5.00  
Chicken Strips & Dip \$4.75  
Chicken Burger \$4.50  
Hamburger \$3.75  
Cheeseburger \$4.50  
Baked Fries/Wedges \$4.

Baked Tortillas & Salsa \$2.50  
Veggie & Dip \$2.00  
Green Apple Wedges & Caramel Dip \$2.50  
Cheese, Cracker & Grape Bowl \$4.75  
Fresh Baked Cookie \$0.75

Breakfast Yogurt Parfait \$3.00  
Fresh Fruit Salad \$2.75  
Toasted Bagel \$2.25  
Muffin \$1.75  
Baked Chips \$2.00