



# ELMWOOD SCHOOL

## Elmwood Bistro – October 2018

Sample Snack Menu					
<b>AM</b>	Multigrain cheerios with 2% milk	Vegetables and dip	Homemade mini muffin with fresh fruit	Whole wheat mini bagel with cream cheese and apple slices	Hot Oatmeal with local maple syrup
<b>PM</b>	Fresh fruit	Whole wheat crackers with cheddar cheese and apple slices	Vanilla yoghurt	Vegetables and dip	Fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese tortellini with beef Bolognese sauce and Caesar salad	2 Roasted chicken legs, with roasted potatoes and steamed vegetables	3 Roasted wild Sockeye salmon with rice pilaf and steamed mixed vegetables	4 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup	5 HOLIDAY
8 HOLIDAY	9 Organic whole wheat pasta with vegetarian tomato sauce and Caesar salad	10 Chicken stew with creamy mash potatoes and roasted carrots	11 Italian meatballs with buttered noodles and mixed vegetables	12 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup
15 Cheese tortellini with buttered mixed vegetables and Caesar salad	16 Cheese and beef quesadilla made with O'Brien Farms local beef, rice and garden salad	17 Ham and cheese sandwich with broccoli soup, vegetables and dip	18 Coconut chicken curry with green peas and rice	19 <b>Founder's Day Lunch</b> Cheeseburger, Miss Vickie's chips, vegetables and dip
22 Organic whole wheat pasta with Bolognese sauce and Caesar salad	23 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup	24 Meatballs and gravy made with O'Brien Farms local beef, creamy mash potatoes and buttered corn	25 Roasted wild Sockeye salmon with rice pilaf and steamed mixed vegetables	26 Pizza day! Homemade pizza topped with St. Albert's mozzarella cheese, fresh vegetables and dip

*Note: Six-Week Rotational Menu*