



**ELMWOOD**  
SCHOOL

**Elmwood Bistro - October 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese tortellini with beef bolognese sauce and a choice of caesar or garden salad	2 Grilled chicken with organic quinoa and lentil pilaf with garden salad	3 Pork schnitzel burger with buttered potatoes and garden salad	4 Grilled cheese sandwich filled with local St. Albert's cheddar cheese with a choice of creamy tomato soup or garden salad	5 <b>HOLIDAY</b>
8 <b>HOLIDAY</b>	9 Organic whole wheat pasta with vegetarian tomato sauce and choice of Caesar or garden salad	10 Chicken pot pie with creamy mash potatoes and garden salad	11 Sandwich Day! Choice of chicken, roast pork or egg sandwich with a choice of soup or salad	12 Meatball sub with marinara sauce and caesar salad
15 Cheese tortellini with butternut squash, baby spinach and brown butter sauce with a choice of caesar or garden salad	16 Turkey chili made with organic mixed beans topped with cheddar cheese, tortilla chips and garden salad	17 Pork sausages with buttered potatoes, sauerkraut and garden salad	18 Grilled cheese sandwich filled with local St. Albert's cheddar cheese with a choice of creamy tomato soup or garden salad	19 <b>Founder's Day</b> Cheeseburger, Miss Vickie's Chips, veggies and dip
22 Organic whole wheat pasta with vegetarian Bolognese sauce and a choice of Caesar or garden salad	23 Pulled chicken tostada with organic white beans, cheddar cheese, salsa, plain yogurt and garden salad	24 Beef and lentil pie made with O'Brien Farms local beef, organic lentils, topped with creamy mash potatoes and garden salad	25 Sandwich Day! Choice of chicken, roast pork or egg sandwich with a choice of soup or salad	26 Pizza day! Homemade pizza topped with St. Albert's mozzarella cheese and caesar salad

