



# ELMWOOD SCHOOL

## Elmwood Bistro January 7 – February 1, 2019

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
January 7 Macaroni and cheese made with local St. Albert's cheese and buttered green peas	8 Roasted chicken legs with chow mein noodles and steamed broccoli	9 Vegetarian quiche with roasted potatoes and garden salad	10 Beef quesadilla filled with O'Brien Farms local beef and organic beans, steamed rice and corn	11 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup
14 Vegetarian Bolognese sauce with penne pasta and Caesar salad	15 Panko crusted cod with buttered potatoes and green peas	16 Local turkey sausage with rice and beans and garden salad	17 Soup and sandwich day! Roast turkey sandwich with whole wheat bread, sliced cheese, fresh vegetables and soup of the day	18 Cheeseburger made with O'Brien Farms local beef, macaroni salad and garden salad
21 Cheese tortellini pasta bake with beef Bolognese sauce and a choice of Caesar or garden salad	22 Oven roasted chicken legs with sweet soy sauce, chow mein noodles and garden salad	23 Grilled cod quesadilla with rice pilaf and buttered corn	24 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup	25 Pancakes with breakfast pork sausages, local maple syrup, fresh fruit and yoghurt
28 Organic whole wheat pasta with mixed vegetable tomato sauce and Caesar salad	29 Turkey sausage with buttered potatoes and steamed broccoli	30 Vegetarian chili and rice made with organic beans and quinoa, topped with cheddar cheese and sour cream	31 Soup and sandwich day! Roast turkey sandwich with whole wheat bread, sliced cheese, vegetables and soup of the day	February 1 Chicken burger with pasta salad and garden salad