



# Mount Carmel

## Lunch Menu

### December 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				1 Chicken Alfredo Sautéed Spinach Garlic Bread	2 Hamburgers Veggie Burgers Roasted Brussel Sprouts French Fries
WEEK 2	5 Red Beans White Rice Brown Rice Sugar Snap Pea Corn Bread	6 Fried Chicken Tenders Grilled Chicken Tenders Mac & Cheese Green Beans Bread Roll	7 Baja Seafood Tacos Fried Fish or Grilled Shrimp Avocado Crema Black Beans & Yellow Rice Corn Flour or Corn Tortillas	8  Early Dismissal	9  EXAMS Breakfast served in Coffee Shop
WEEK 3	12  EXAMS Breakfast served in Coffee Shop	13  EXAMS Breakfast served in Coffee Shop	14  EXAMS Breakfast served in Coffee Shop	15  EXAMS Breakfast served in Coffee Shop	16  EXAMS Breakfast served in Coffee Shop Christmas Mass
WEEK 4	19  	20  	21  Merry Christmas!	22  	23  
WEEK 5	26  	27  	28  Happy New Year!	29  	30  