

Allergy Notice: May contain gluten, eggs, sesame, fish, nuts, wheat, soybeans, shellfish, dairy, mustard,.....

*Vegeterian Option Available Upon Request

Date
2nd - 06th October

MENU



MONDAY

Discovery - Grade 5

- *Vegetable Soup
- *Chicken Parmesan
- *Poêlée de Legumes
- *Yogurt
- *Fruit

Grade 6 - Grade 12

- *Vegetable Soup
- *Chicken Parmesan
- *Poêlée de Legumes
- *Yogurt
- *Fruit

VEGETERIAN OPTION

- *Avocado Cheese Melt
- Salad Option**
- *Far East Salad

TUESDAY

Discovery - Grade 5

- *Grated Carrots
- Vinaigrette Salad
- *Meat Lasagna
- *Garlic Bread
- *Steamed Vegetables
- *Fruit

Grade 6 - Grade 12

- *Grated Carrots
- Vinaigrette Salad
- *Meat Lasagna
- *Garlic Bread
- *Steamed Vegetables
- *Fruit

VEGETERIAN OPTION

- *Vegetarian Shepherd Pie
- Salad Option**
- *Greek Salad

WEDNESDAY

Discovery - Grade 5

- *Pasta Fagioli Soup
- *Baked Fish
- *Stir Fried Vegetables
- *Fruit

Grade 6 - Grade 12

- *Pasta Fagioli Soup
- *Baked Fish (Or) Chicken Kebab
- *Stir Fried Vegetables
- *Fruit

VEGETERIAN OPTION

- *Spinach & Cheese
- Stuffed Peppers
- *Salad Option**
- *Asian Salad w/Sesame Dressing

THURSDAY

Discovery- Grade 5

- *Cucumber Mint Salad
- *Chicken Tenders
- w/Honey Mustard
- *Sauteed Broccoli, Carrots,
- & Baby Potatoes
- *Fruit

Grade 6 - Grade 12

- *Cucumber Mint Salad
- *Chicken Tenders
- w/Honey Mustard
- *Sauteed Broccoli, Carrots,
- & Baby Potatoes
- *Fruit

VEGETERIAN OPTION

- *Quinoa w/Roasted Vegetables
- Salad Option**
- *Spicy Ranch Chopped
- Chicken Lettuce Salad

FRIDAY

Discovery- Grade 5

- *Waldorf Salad
- *Beef Bourguignon
- w/Vegetables
- *Brown Rice
- *Carrot-Raisin Cupcake
- *Fruit

Grade 6 - Grade 12

- *Waldorf Salad
- *Beef Bourguignon
- w/Vegetables
- *Brown Rice
- *Carrot-Raisin Cupcake
- *Fruit

VEGETERIAN OPTION

- *Chickpea Squash Curry
- Salad Option**
- *Waldorf Salad w/Chicken

NOTE

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Please feel free to contact me directly
with any questions or concerns, you may have.