

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

\*Vegeterian Option Available Upon Request

Date  
20th - 24th November

# MENU



## MONDAY

### Discovery - Grade 5

- \*Mixed Salad
- \*Penne Pasta Pizzaz w/Vegetables/Chicken, Cheese and Pesto Sauce
- \*Julienne Vegetables
- \*Yogurt
- \*Fruit

### Grade 6 - Grade 12

- \*Mixed Salad
- \*Penne Pasta Pizzaz w/Vegetables/Chicken, Cheese and Pesto Sauce
- \*Julienne Vegetables
- \*Yogurt
- \*Fruit

### VEGETERIAN OPTION

- \*Penne Pasta Pizzaz w/Vegetables, Cheese and Pesto Sauce
- Salad Option**
- \*Mexican Salad

## TUESDAY

### Discovery - Grade 5

- \*Thanksgiving Salad
- \*Roasted Turkey W/ Gravy
- \*Roasted Vegetables
- \*Mashed Potatoes
- \*Fruit
- \*Pumpkin Tart

### Grade 6 - Grade 12

- \*Thanksgiving Salad
- \*Roasted Turkey W/ Gravy
- \*Roasted Vegetables
- \*Mashed Potatoes
- \*Fruit
- \*Pumpkin Tart

### VEGETERIAN OPTION

- \*Curry Butternut Squash&Chickpea
- Salad Option**
- \*Thanksgiving Salad

## WEDNESDAY

### Discovery - Grade 5

- \*Vegetables Soup
- \*Cheese Burger
- \* Steamed Vegetables
- \*French Fries
- \*Fruit

### Grade 6 - Grade 12

- \*Vegetables Soup
- \*Cheese Burger
- \* Steamed Vegetables
- \*French Fries
- \*Fruit

### VEGETERIAN OPTION

- \*Veggie Burger
- Salad Option**
- \*Arugula & Lentil Salad

## THURSDAY

No School

## FRIDAY

No School

## NOTE

Food Service Manager: M'Hamed Rachad  
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Please feel free to contact me directly  
with any questions or concerns, you may have.