

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ BEEF SLOPPY JOE WHOLE GRAIN BUN STEAMED VEGETABLE FRUIT BAKED CHIPS
³ CHICKEN PARMESEAN over SPAGHETTI NOODLES STEAMED VEGETABLE FRUIT FRENCH BREAD	⁴ HAMBURGER WILD RICE HOT DISH STEAMED VEGETABLE FRUIT WHEAT ROLL	⁵ PORK BBQ RIBLET on a WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS FRUIT	⁶ BEEF STEW STEAMED VEGETABLE FRUIT WARM CORNBREAD DESSERT	⁷ ITALIAN CHICKEN RICE PILAF ROASTED VEGETABLES FRUIT DESSERT
¹¹ BEEF CHILI STEAMED VEGETABLE FRUIT WARM CORNBREAD	¹² LEMON PEPPER TILAPIA RICE PILAF STEAMED VEGETABLE FRUIT DESSERT	¹³ LU'S MEATLOAF MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	¹⁴ CHICKEN DRUMSTICK in BBQ SAUCE CUBED POTATOES VEGETARIAN CALICO BEANS FRUIT	¹⁵ TURKEY TETRAZZINI STEAMED VEGETABLE FRUIT WARM BISCUIT
¹⁸ CHEESEBURGER on a WHOLE GRAIN BUN BAKED BEANS FRUIT DESSERT	¹⁹ HAM & POTATO SOUP STEAMED VEGETABLE FRUIT WHEAT ROLL DESSERT	²⁰ BEEF CHOW MEIN BROWN RICE STEAMED VEGETABLE FRUIT FORTUNE COOKIE	²¹ ROAST TURKEY MASHED POTATOES GREEN BEAN CASSEROLE FRUIT WHEAT ROLL	²² SWEDISH MEATBALLS with EGG NOODLES STEAMED VEGETABLE FRUIT
²⁵ CHICKEN NOODLE CASSEROLE STEAMED VEGETABLE FRUIT BISCUIT DESSERT	²⁶ SWISS STEAK MASHED POTATOES STEAMED VEGETABLE FRUIT WHEAT ROLL	²⁷ BEEF LASAGNA STEAMED VEGETABLE FRUIT FRENCH BREAD	²⁸ CLOSED	²⁹ CLOSED

Anpétu Téča Education Center
Kitchen 651 604-3518

NOVEMBER 2024
FLAMING SPOON MENU

Flaming Spoon Hours 11am-12:15pm
Cost: \$5/meal