

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

Date  
28th October- 1st November

# MENU



\*Vegeterian Option Available Upon Request

## MONDAY

### Discovery - Grade 5

- \*Mixed Green Salad
- \*Penne Pasta Pizzaz w/Meatballs & Vegetables
- \*Dannette
- \*Fruit

### Grade 6 - Grade 12

- \*Mixed Green Salad
- \*Penne Pasta Pizzaz w/Meatballs & Vegetables
- \*Dannette
- \*Fruit

### VEGETERIAN OPTION

- \*Penne Pasta Pizzaz w/Vegetables
- Salad Option**
- \*Antipasto Salad

## TUESDAY

### Discovery - Grade 5

- \*Asian Salad
- \*Sesame Chicken w/White Rice & Barley
- \*Julienne Vegetables
- \*Fruit

### Grade 6 - Grade 12

- \*Asian Salad
- \*Sesame Chicken w/White Rice & Barley
- \*Julienne Vegetables
- \*Fruit

### VEGETERIAN OPTION

- \*Roasted Cauliflower Salad with Lemon Tahini Dressing
- Salad Option**
- \*Asian Salad

## WEDNESDAY

### Discovery - Grade 5

- \*Tomato Mozzarella Basil Salad
- \*Baked Fish
- \*Mixed Grill
- \*Sauteed String Beans
- \*Roasted Potatoes
- \*Fruit

### Grade 6 - Grade 12

- \*Tomato Mozzarella Basil Salad
- \*Baked Fish
- \*Mixed Grill
- \*Sauteed String Beans
- \*Roasted Potatoes
- \*Fruit

### VEGETERIAN OPTION

- \*Veggie Chili Wrap
- Salad Option**
- \*Tomato Mozzarella/Basil Salad

## THURSDAY

### Discovery- Grade 5

- \*3Beans Salad
- \*Crispy Chicken Sandwich
- \*Roasted Vegetables
- \*Fruit

### Grade 6 - Grade 12

- \*3Beans Salad
- \*Crispy Chicken Sandwich
- \*Roasted Vegetables
- \*Fruit

### VEGETERIAN OPTION

- \*Spinach Ricotta Stuffed Peppers
- Salad Option**
- \*3Beans Salad

## FRIDAY

### Discovery- Grade 5

- \*Italian Salad
- \*Beef Sliders
- \*Balsamic Grilled Vegetables
- \*French Fries
- \*Chocolate chip Cookie
- \*Fruit

### Grade 6 - Grade 12

- \*Italian Salad
- \*Beef Sliders
- \*Balsamic Grilled Vegetables
- \*French Fries
- \*Chocolate chip Cookie
- \*Fruit

### VEGETERIAN OPTION

- \*BBQ Lentil Balls
- Salad Option**
- Italian Salad

## NOTE

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