

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

\*Vegeterian Option Available Upon Request

Date  
05- 08th November

# MENU



## MONDAY

### Discovery - Grade 5

- \*Caesar Salad \*Spaghetti Pasta w/Bolognese Sauce & Cheese
- \*Julienne Vegetables
- \*Yogurt
- \*Fruit

### Grade 6 - Grade 12

- \*Caesar Salad
- \*Spaghetti Pasta w/Bolognese Sauce & Cheese
- \*Julienne Vegetables
- \*Yogurt
- \*Fruit

### VEGETERIAN OPTION

- \*Spaghetti Pasta w/ Marinara Sauce & Pesto
- Salad Option**
- \*Caesar Salad

## TUESDAY

### Discovery - Grade 5

- \*Harira Soup
- \*Chicken Mhamer
- \*Grilled Vegetables
- \*FFries
- \*Fruit

### Grade 6 - Grade 12

- \*Harira Soup
- \*Chicken Mhamer
- \*Grilled Vegetables
- \*FFries
- \*Fruit

### VEGETERIAN OPTION

- \*Cheese Quesadillas w/ Veggies
- Salad Option**
- \*Mexican Salad

## WEDNESDAY

No School

## THURSDAY

### Discovery- Grade 5

- \*Vegetable Soup
- \*Chicken Cordon Bleu
- \*Steamed Vegetables
- \*Fruit

### Grade 6 - Grade 12

- \*Vegetable Soup
- \*Chicken Cordon Bleu
- \*Steamed Vegetables
- \*Fruit

### VEGETERIAN OPTION

- \*Curried Sweet Potato & Lentil w/Rice
- Salad Option**
- \*Cobb Salad

## FRIDAY

### Discovery- Grade 5

- \*Tomato Cucumber Salad
- \*Beef Couscous \*7 Vegetables
- \*Sweet Onions & Raisins
- \*Napoleon Cake
- \*Fruit

### Grade 6 - Grade 12

- \*Tomato Cucumber Salad
- \*Beef Couscous \*7 Vegetables
- \*Sweet Onions & Raisins
- \*Napoleon Cake
- \*Fruit

### VEGETERIAN OPTION

- \*Vegetable Couscous
- Salad Option**
- \*Chickpea Salad

## NOTE

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