

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

*Vegeterian Option Available Upon Request

Date
25- 29th November

MENU



MONDAY

Discovery - Grade 5

- *Carrots ginger Pumpkin Soup
- *Chicken Rfissa
- *Yogurt
- *Fruit

Grade 6 - Grade 12

- *Carrots ginger Pumpkin Soup
- *Chicken Rfissa
- *Yogurt
- *Fruit

VEGETERIAN OPTION

- *Vegetarian Lentil Rfissa
- Salad Option**
- *Niçoise Salad

TUESDAY

Discovery - Grade 5

- *Mozzarella Basil Salad
- *Meatloaf w/Gravy
- *Mashed Potatoes
- *Garlic & Herbs Vegetables
- *Fruit

Grade 6 - Grade 12

- *Mozzarella Basil Salad
- *Meatloaf w/Gravy
- *Mashed Potatoes
- *Garlic & Herbs Vegetables
- *Fruit

VEGETERIAN OPTION

- *Vegetable Quiche
- Salad Option**
- *Mozzarella Basil Salad

WEDNESDAY

Discovery - Grade 5

- *Lentil Soup
- *Baked Fish
- *Vegetables Ratatouille
- *Fruit

Grade 6 - Grade 12

- *Lentil Soup
- *Baked Fish (Or) Roasted Turkey Sandwich
- *Vegetables Ratatouille
- *Fruit

VEGETERIAN OPTION

- *Ratatouille
- Salad Option**
- *Charcuterie 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.