

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

*Vegeterian Option Available Upon Request

Date
03- 07th February

MENU



MONDAY

Discovery - Grade 5

- *Carrot Ginger Pumpkin Soup
- *Chicken Rfissa
- *Yogurt
- *Fruit

Grade 6 - Grade 12

- *Carrot Ginger Pumpkin Soup
- *Chicken Rfissa
- *Yogurt
- *Fruit

VEGETERIAN OPTION

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

TUESDAY

Discovery - Grade 5

- *Mozzarella Basil Salad
- *Beef Bourguignon
- *Mashed Potatoes
- *Garlic & Herbs Vegetables
- *Fruit

Grade 6 - Grade 12

- *Mozzarella Basil Salad
- *Beef Bourguignon
- *Mashed Potatoes
- *Garlic & Herbs Vegetables
- *Fruit

VEGETERIAN OPTION

- *Falafel Plater
- Salad Option**
- *Mexican Salad

WEDNESDAY

Discovery - Grade 5

- *Fagioli Soup
- *Baked Fish (or) Roasted Turkey
- *Vegetables Ratatouille
- *Fruit

Grade 6 - Grade 12

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

VEGETERIAN OPTION

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

THURSDAY

Discovery- Grade 5

- *Italian Salad
- *Chicken Mhamar & FFries
- *Steamed Broccoli
- *Fruit

Grade 6 - Grade 12

- *Italian Salad
- *Chicken Mhamar & FFries
- *Steamed Broccoli
- *Fruit

VEGETERIAN OPTION

- *Spring Rolls
- Salad Option**
- *Italian Salad

FRIDAY

Discovery- Grade 5

- *Mexican Salad
- *Mexican Beef Taco
- *Guacamole, Salsa, Cheese, Lettuce, Tomato and Beans
- *Julienne Vegetables
- *Opera Cake
- *Fruit

Grade 6 - Grade 12

- *Mexican Salad
- *Mexican Beef Taco
- *Guacamole, Salsa, Cheese, Lettuce, Tomato and Beans
- *Julienne Vegetables
- *Opera Cake
- *Fruit

VEGETERIAN OPTION

- *Vegetarian Taco
- Salad Option**
- *Mexican Salad

NOTE

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