

NOVEMBER MENU / MENU NOVIEMBRE

WEEK 1-3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	OCTOBER	OCTOBER	Marinated Roasted Beef Brisquet Broccoli and Spinach Rice Green Salad	House Fish Stew with Vegetables Baked Rosemary Potatoes Veggie Salad	Friday Burrito Bar featuring Premium Ground Beef Cowboy Red Beans Fiesta Rice Nachos
Vegetarian			Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert			Dessert	Fruit Jello	Fresh Fruit Cuts

NOVEMBER MENU / MENU NOVIEMBRE

WEEK 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Herb Marinated Baked Chicken Lime Rice Coleslaw	Rocket Pesto Pasta with Sundried Tomatoes, Spinach and Broccoli French Bread Cesar Salad	Caribbean Style Rice & Chicken Black Beans Tropical Salad	Asian Beef Broccoli Oriental Angel Hair Assorted Julienne Vegetables	Chicken Or Fish Sticks Tartar Or BBQ Sauce Pizza Rolls Cucumber Salad
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Dessert	Seasonal Fruit Salad	Dessert	Fresh Fruit	Dessert

NOVEMBER MENU / MENU NOVIEMBRE

WEEK 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Lime Citrus Chicken Breast Mediterranean Lentil Rice Garden Salad	Chicken and Spinach Lasagna House Bread Rolls Tomato Salad	Latin Style Shredded Beef Black Beans White Rice Garden Salad	Spaguetti Ragu Bolognese Or Marinara Italian Focaccia Mixed Salad	Fiesta Friday featuring Pop Corn Chicken, Margherita Pizza, Nachos w/Cheese
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Dessert	Fresh Fruit Cuts	Dessert	Fruit Salad	Dessert

NOVEMBER MENU / MENU NOVIEMBRE

WEEK 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	BBQ Chicken Tenders Baked Fries Nachos w/Cheese Garden Salad	Thanksgiving Celebration Lunch Roasted Turkey Mashed Potatoes w/Gravy Seasonal Casserole	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY	THANKSGIVING HOLIDAY
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day			
Dessert	Pumpkin Tart	Fresh Fruit Cuts			

NOVEMBER MENU / MENU NOVIEMBRE

WEEK 27-01	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	NO SCHOOL	Chicken Fetuccine Alfredo Green Salad Honey Bread	Autum Beef Picadillo Mexican Rice Green Bean and Corn Salad	Honey Chicken Jazmin Rice Carrot Salad	Beef Burgers Cheddar Fries Green Salad
Vegetarian		Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert		Fresh Fruit Cuts	Dessert	Dessert	Crazy Bananas

DECEMBER MENU / MENU DICIEMBRE

WEEK 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Madras Light Curry Chicken with Vegetables Basmati Rice Garden Salad with Spinach	Atlantic Salmon Flakes over Creamy Lemon Butter Penne Pasta Tomato Focaccia Italian Salad	Roasted Beef with Chimichurri House Mashed Potatoes Cucumber Tomato Salad	Baked Neapolitan Pasta French Bread Mixed Salad	Happy Friday featuring Cheese Pizza and Pop Corn Chicken Carrot & Broccoli Crudites
Vegetarian	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day	Vegetarian dish available every day
Dessert	Fruit Salad	Dessert	Dessert	Fresh Fruit Cuts	Dessert

DECEMBER MENU / MENU DICIEMBRE

<i>WEEK 11-15</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Main Meal</i>	<i>Beef Stroganoff Linguine Aioli Mixed Salad</i>	<i>Oriental Sweet & Sour Chicken White Rice Thai Veggies</i>	<i>X-Mas Menu Roasted Pork Or Chicken Baked Potatoes Santa's Recipe Salad</i>	<i>Chicken Sandwiches made with our signature baked bread Original Coleslaw Lettuce/Tomato</i>	<i>Farewell Friday featuring Burrito Bar Mixed Salad Nachos</i>
<i>Vegetarian</i>	<i>Vegetarian dish available every day</i>	<i>Vegetarian dish available every day</i>	<i>Vegetarian dish available every day</i>	<i>Vegetarian dish available every day</i>	<i>Vegetarian dish available every day</i>
<i>Dessert</i>	<i>Fresh Fruit Cuts</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Seasonal Fruit Salad</i>	<i>Dessert</i>