

School Menu in June 2016

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning break:</u> Bananas with peanut butter	<u>Morning break:</u> Quesadilla (veggie and chicken options)	<u>Morning break:</u> Carrots/celery with salad dressing	<u>Morning break:</u> Mango	<u>Morning break:</u> Cut fruit
Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Cheese and Egg sandwich - <u>Western</u> - Chicken Sandwiches - <u>Thai</u> - Thai beef salad 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Burrito with Refried beans - <u>Western</u> - Burrito with Refried beans and chicken - <u>Thai</u> - Egg Soup 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Vegetable soup with bread - <u>Western</u> - Chicken soup with bread - <u>Thai</u> - Fried mushroom with pork 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Yellow curry (with veggies) - <u>Western</u> - Yellow curry with chicken - <u>Thai</u> - Baked Spare ribs with Thai herb 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Lasangna with veggies - <u>Western</u> - Lasangna with meat - <u>Thai</u> - Tom kha Seafood
<u>Afternoon break:</u> Veggies with hummus	<u>Afternoon Break:</u> Chips and salsa	<u>Afternoon Break:</u> Pizza - Veggie (Veggie and chicken options)	<u>Afternoon Break:</u> Yoghurt	<u>Afternoon Break:</u> Mixed nuts with raisins

Monday: Salad with Chinese and Ham

Tuesday: Salad add salsa, chips and sour cream

Wednesday: Salad - Caesar

Thursday: Salad - regular

Friday: Salad with Pita bread

School Menu in June 2016

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning break:</u> Bananas with peanut butter	<u>Morning break:</u> Quesadilla (veggie and chicken options)	<u>Morning break:</u> Carrots/celery with salad dressing	<u>Morning break:</u> Mango	<u>Morning break:</u> Cut fruit
Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Hummus Sandwich with veggies - <u>Western</u> - Hummus Sandwich with veggies - <u>Thai</u> - Stir fried mixed vegetables 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Tacos with veggies, salsa and sour cream - <u>Western</u> - Tacos with salsa and sour cream - <u>Thai</u> - Tom yum mushroom 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Minestrone soup with bread - <u>Western</u> - Chicken soup - <u>Thai</u> - Thai pork salad 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Green curry (with veggies and potatoes) - <u>Western</u> - Green curry with chicken - <u>Thai</u> - noodle soup 	Lunch: <ul style="list-style-type: none"> - <u>Veggie</u> - Macaroni and cheese - <u>Western</u> - Macaroni and Cheese with ham - <u>Thai</u> - Deep fried fish with mashed potato
<u>Afternoon break:</u> Veggies with hummus	<u>Afternoon Break:</u> Chips and salsa	<u>Afternoon Break:</u> Pizza - Veggie (Veggie and chicken options)	<u>Afternoon Break:</u> Yoghurt	<u>Afternoon Break:</u> Mixed nuts with raisins

Monday: Salad with Chinese and Ham

Tuesday: Salad add salsa, chips and sour cream

Wednesday: Salad - Caesar

Thursday: Salad- regular

Friday: Salad with Pita bread

School Menu in June 2016

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Break:</u> Bananas with peanut butter	<u>Morning Break:</u> Quesadilla (veggie and chicken options)	<u>Morning Break:</u> Carrots/celery with salad dressing	<u>Morning Break:</u> Mango	<u>Morning Break:</u> Cut Fruit
<u>Lunch:</u> <ul style="list-style-type: none"> - <u>Veggie</u> - Grilled cheese - <u>Western</u> - Grilled cheese with ham Sandwiches - <u>Thai</u> - Thai beef salad 	<u>Lunch:</u> <ul style="list-style-type: none"> - <u>Veggie</u> - Fajitas (peppers/onions and refried beans) - <u>Western</u> - Fajitas (peppers/onions /chicken) - <u>Thai</u> - Egg soup 	<u>Lunch:</u> <ul style="list-style-type: none"> <u>Veggie</u> - Tempura veggies <u>Western</u> - Chicken fingers and french fries <u>Thai</u> - Fried mushroom with pork 	<u>Lunch:</u> <ul style="list-style-type: none"> - <u>Veggie</u> - Red Curry (with veggies) - <u>Western</u> - Red Curry with Chicken - <u>Thai</u> - Baked Spare ribs with Thai herb 	<u>Lunch:</u> <ul style="list-style-type: none"> - <u>Veggie</u> - Spaghetti (with veggies) - <u>Western</u> - Spaghetti with meat - <u>Thai</u> - Tom kha seafood
<u>Afternoon Break:</u> Veggies with hummus	<u>Afternoon Break:</u> Chips and Salsa	<u>Afternoon Break:</u> Pizza (veggie and chicken options)	<u>Afternoon Break:</u> Yoghurt	<u>Afternoon Break:</u> Mixed nuts with raisins

Monday: Salad with Chinese and Ham

Tuesday: Salad add salsa, chips and sour cream

Wednesday: Salad - Caesar

Thursday: Salad - regular

Friday: Salad with Pita bread

School Menu in June 2016

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Break:</u> Bananas with peanut butter	<u>Morning Break:</u> Quesadilla (veggie and chicken options)	<u>Morning Break:</u> Carrots/celery with salad dressing	<u>Morning Break:</u> Mango	<u>Morning Break:</u> Cut Fruit
Lunch: - <u>Veggie</u> - Burger with Egg - <u>Western</u> - Chicken Burger Sandwiches - <u>Thai</u> - Stir fried mixed vegetables	Lunch: - <u>Veggie</u> - Enchiladas (Cheese) - <u>Western</u> - Enchiladas (Chicken) - <u>Thai</u> - Tom yum mushroom	Lunch: - <u>Veggie</u> - Minestrone soup with bread - <u>Western</u> - Chicken soup - <u>Thai</u> - Thai pork salad	Lunch: - <u>Veggie</u> - Green Curry (with veggies and potatoes) - <u>Western</u> - Green Curry with Chicken - <u>Thai</u> - Noodle soup	Lunch: - <u>Veggie</u> - Cheese bake pasta with veggies - <u>Western</u> - Cheese baked with ham and cheese - <u>Thai</u> - Deep fried fish with mashed potatoes
<u>Afternoon Break:</u> Veggies with hummus	<u>Afternoon Break:</u> Chips and Salsa	<u>Afternoon Break:</u> Pizza (veggie and chicken options)	<u>Afternoon Break:</u> Yoghurt	<u>Afternoon Break:</u> Mixed nuts with raisins

Monday: Salad with Chinese and Ham

Tuesday: Salad add salsa, chips and sour cream

Wednesday: Salad - Caesar

Thursday: Salad- regular

Friday: Salad with Pita bread

School Menu in June 2016

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Break:</u> Bananas with peanut butter	<u>Morning Break:</u> Quesadilla (veggie and chicken options)	<u>Morning Break:</u> Carrots/celery with salad dressing	<u>Morning Break:</u> Mango	<u>Morning Break:</u> Cut Fruit
<u>Lunch:</u> <ul style="list-style-type: none"> - Veggie - Egg salad sandwich - Western - Egg salad sandwich - Thai - Stir fried mixed vegetables 	<u>Lunch:</u> <ul style="list-style-type: none"> - Veggie - Burrito with Refried beans - Western - Burrito with Refried beans (chicken) - Thai - Thai pork salad 	<u>Lunch:</u> <ul style="list-style-type: none"> - Veggie - Minestrone soup with bread - Western - Chicken soup - Thai - Thai pork salad 	<u>Lunch:</u> <ul style="list-style-type: none"> - Veggie - Red Curry (with veggies) - Western - Red Curry with Chicken - Thai - Noodle soup 	<u>Lunch:</u> <ul style="list-style-type: none"> - Veggie - Grilled cheese - Western - Grilled cheese with Ham Sandwiches - Thai - Thai beef Salad
<u>Afternoon Break:</u> Veggies with hummus	<u>Afternoon Break:</u> Chips and Salsa	<u>Afternoon Break:</u> Pizza (veggie and chicken options)	<u>Afternoon Break:</u> Yoghurt	<u>Afternoon Break:</u> Mixed nuts with raisins

Monday: Salad with Chinese and Ham

Wednesday: Salad - Caesar

Tuesday: Salad add salsa, chips and sour cream

Thursday: Salad - regular

Friday: Salad with Pita bread