

School year
2021-2022

Week 1

Aug. 23 Feb. 21
Sept. 20 March 21
Oct. 18 April 18
Nov. 15 May 16
Dec. 13 June 13
Jan. 24

Week 2

Aug. 30 Feb. 28
Sept. 27 March 28
Oct. 25 April 25
Nov. 22 May 23
Dec. 20 June 20
Jan. 31

Week 3

Sept. 06 Feb. 07
Oct. 04 March 07
Nov. 01 April 04
Nov. 29 May 02
Jan. 10 May 30

Week 4

Sept. 13 Feb. 14
Oct. 11 March 14
Nov. 08 April 11
Dec. 06 May 09
Jan. 17 June 06

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken and vegetable soup Italian pita Green salad and red cabbage Broccoli florets	Pea soup Crispy fish fillet Potato wedges Caesar salad Green beans	Cream of vegetable soup Chicken and broccoli stirfry Egg noodles Chef's salad Parsley carrots	Farmer's market soup Vegetarian Tex Mex au gratin Garden salad Montego vegetables	Cream of broccoli General Tao chicken Basmati rice Spinach salad Mixed vegetables
	Cream of mushroom Butter chicken Brown rice Broccoli florets Market salad	Onion soup Spaghetti and meat sauce Caesar salad Bistro vegetable mix	Vegetable soup Florentine quiche with feta Potato wedges Sautéed vegetables Green salad and red cabbage	Tomato and quinoa soup Homemade turkey burger Kimchi salad Carrots	Cream of chicken Salmon pie with dill sauce Green peas Mediterranean salad
	Chicken and vermicelli soup Beef Stroganoff Egg noodles California mix Chef's salad	Lentil soup Penne Pizza Caesar salad Baked vegetables	Carrot soup Salsa chicken cutlet Parsley brown rice Spinach salad Bean duo	Farmer's market soup Greek omelet Quinoa Chef's salad Carrots and edamame	Beef and barley soup Shepherd's Pie Montego vegetables
	Cream of tomato BBQ chicken leg Baby potatoes Corn and red peppers Carrot salad	Chicken and noodle soup Meat lasagna Caesar salad Fresh baked zucchini	Minestrone soup Garden Pizza Italian salad	Cream of squash soup Portuguese chicken Brown rice Market salad Broccoli florets	Oriental soup Tuna nuggets with aioli sauce Spring salad Green beans

Menu of the day price:

**Elementary \$4.95
Secondary \$5.30**

**The daily menu includes
Soup, dessert
and a beverage**

Soup or dessert:\$1.40

Milk 200 ml:\$1.30

Chocolate Milk
200 ml:\$1.55

Wedge Sandwich: \$2.85

Caesar Salad:\$3.45

Parfait:\$2.85

Oatmeal Cookie: ...\$1.80

Fresh Fruit:.....\$1.00



Menus are subject to change according to the season and product availability.