

September / October 2024

WEEK 01

Date	September 29, 2024	September 30, 2024	October 1, 2024	October 2, 2024	October 3, 2024
Description	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	CREAM OF MUSHROOM		LENTIL SOUP	VEGETABLE MEXICAN SOUP	CREAM OF VEGETABLE
ENTRÉE 1	FRIED CHICKEN	CHICKEN OR BEEF BURGER	CHICKEN MANDI	CHICKEN QUESADILLA	BBQ CHICKEN PIZZA
ENTRÉE 2	HOT DOGS	FALAFEL BURGER	BEEF AND VEGETABLE EDAM	BEEF QUESADILLAS	PEPPERONI PIZZA
STARCH	FRENCH FRIES	FRENCH FRIES	POTATO SALOONA	Roasted POTATO	MARGARITA PIZZA
VEGETARIAN PASTA	VEGETABLE LASAGNA	CREAMY PENNE PASTA	PASTA WITH PINK SAUCE	BAKED MACARONI BÉCHAMEL	FASULI PASTA
VEGETARIAN	VEGETABLE NOODLES	VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE	KOSHARI	VEGETABLE CASSEROLE	VEGETARIAN PIZZA
ENTRÉE 3					CHICKEN KABSA
SALAD 1	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
SALAD 2	MOROCCAN ORANGE & DATE	COLESLAW	CUCUMBER YOGURT	CORN SALAD	RUSSIAN SALAD
VEGETABLE STICK	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP
DESSERT 1	CHEF CHOICE	CHEF CHOICE	COOKIES & CUP CAKE	COOKIES & CUP CAKE	COOKIES & CUP CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

WEEK 02

Date	October 6, 2024	October 7, 2024	October 8, 2024	October 9, 2024	October 10, 2024
Description	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	CREAM OF CHICKEN SOUP		CHICKEN CORN SOUP	CREAM OF MUSHROOM	CREAM OF VEGETABLE
ENTRÉE 1	ROASTED CHICKEN	CHICKEN OR BEEF BURGER	CHICKEN BIRYANI	CHICKEN CARBONARA	BBQ CHICKEN PIZZA
ENTRÉE 2	SLOW ROAST VEAL WITH GRAVY	FALAFEL BURGER	BEEF BIRYANI	SPAGHETTI BOLOGNAISE	PEPPERONI PIZZA
STARCH	MASHED POTATO	FRENCH FRIES	POTATO CURRY	GARLIC BREAD	MARGARITA PIZZA
VEGETARIAN PASTA	BAKED MACARONI BÉCHAMEL	CREAMY PENNE PASTA	PASTA WITH PINK SAUCE	VEGETABLE LASAGNA	FASULI PASTA
VEGETARIAN	VEGETABLES SALONA	VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE	VEGETABLE BERYANI	VEGETABLE NOODLES	VEGETARIAN PIZZA
ENTRÉE 3	CHICKEN NUGETS			CHICKEN CURRY WITH RICE	CHICKEN KABSА
SALAD 1	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
SALAD 2	CORN SALAD	COLESLAW	RITA	MOROCCAN ORANGE & DATE	RUSSIAN SALAD
VEGETABLE STICK	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP
DESSERT 1	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

WEEK 03

Date	October 13, 2024	October 14, 2024	October 15, 2024	October 16, 2024	October 17, 2024
Description	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup					
ENTRÉE 1					
ENTRÉE 2					
STARCH					
Mid-Semester Break / No School					
VEGETARIAN					
ENTRÉE 3					
SALAD 1					
SALAD 2					
VEGETABLE STICK					
DESSERT 1					
DESSERT 2					
BREAD 1					
BREAD 2					
BEVERAGE					

WEEK 04

Date	October 20, 2024	October 21, 2024	October 22, 2024	October 23, 2024	October 24, 2024
Description	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	CREAM OF BROCCOLI SOUP		CHICKEN CORN SOUP	CREAM OF MUSHROOM	CREAM OF VEGETABLE
ENTRÉE 1	CHICKEN ADOBO	CHICKEN OR BEEF BURGER	CHICKEN BIRYANI	CHICKEN CARBONARA	BBQ CHICKEN PIZZA
ENTRÉE 2	SWEET & SOUR FISH	FALAFEL BURGER	BEEF BIRYANI	BEEF LASAGNA	PEPPERONI PIZZA
STARCH	FRIED RICE	FRENCH FRIES	POTATO CURRY	GARLIC BREAD	MARGARITA PIZZA
VEGETARIAN PASTA	BAKED MACARONI BÉCHAMEL	CREAMY PENNE PASTA	PASTA WITH PINK SAUCE	BAKED VEGETABLE PENNE PASTA	FASULI PASTA
VEGETARIAN	VEGETABLE SHOP SOY	VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE	VEGETABLE BERYANI	SPAGHETTI WITH TOMATO SAUCE	VEGETARIAN PIZZA
ENTRÉE 3				BUTTER CHICKEN WITH RICE	CHICKEN KABSA
SALAD 1	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
SALAD 2	CORN SALAD	COLESLAW	RITA	MOROCCAN ORANGE & DATE	RUSSIAN SALAD
VEGETABLE STICK	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP
DESSERT 1	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE

WEEK 05

Date	October 27, 2024	October 28, 2024	October 29, 2024	October 30, 2024	October 31, 2024
Description	Sunday	Monday	Tuesday	Wednesday	Thursday
Soup	VEGETABLE NOODLES SOUP		CHICKEN CORN SOUP	CHICKEN SOUP	CREAM OF VEGETABLE
ENTRÉE 1	FRIED FISH WITH TARTAR SAUCE	CHICKEN OR BEEF BURGER	CHICKEN BIRYANI	CHICKEN BURRITOS	BBQ CHICKEN PIZZA
ENTRÉE 2	CHICKEN BBQ	FALAFEL BURGER	BEEF CURRY	FRIED FISH	PEPPERONI PIZZA
STARCH	BAKED POTATO	FRENCH FRIES	POTATO CURRY	ROASTED POTATOES	MARGARITA PIZZA
VEGETARIAN PASTA	MAC & CHEESE PASTA	PESTO CREAMY PENNE PASTA	PASTA WITH PINK SAUCE	FETTUCCHINI ALFREDO	FASULI PASTA
VEGETARIAN	KOSHARI	VEGETABLE SPRING ROLLS WITH SWEET CHILLI SAUCE	VEGETABLE BERYANI	VEGETABLE CHOWDER	VEGETARIAN PIZZA
ENTRÉE 3					CHICKEN KABSA
SALAD 1	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD	GREEN SALAD
SALAD 2	CORN SALAD	COLESLAW	RITA	MOROCCAN ORANGE & DATE	RUSSIAN SALAD
VEGETABLE STICK	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP	ASSORTED CRUDITÉS WITH HUMUS DIP
DESSERT 1	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE	CHEF CHOICE	COOKIES & CUP CAKE
DESSERT 2	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT	FRESH WHOLE FRUIT
BREAD 1	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS	WHITE & BROWN BREAD ROLLS
BREAD 2	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD	ARABIC BREAD
BEVERAGE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE	MILK/JUICE