

TKS School 2024

WEEK 01

Date	November 3, 2024	November 4, 2024	November 5, 2024	November 6, 2024	November 7, 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	November 10, 2024	November 11, 2024	November 12, 2024	November 13, 2024	November 14, 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 KABSAS
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	November 17, 2024	November 18, 2024	November 19, 2024	November 20, 2024	November 21, 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 04

Date	November 24, 2024	November 25, 2024	November 26, 2024	November 27, 2024	November 28, 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	FETTUCINI 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