

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Week 1

Aug. 21 Feb. 19
Sept. 18 March 18
Oct. 16 April 15
Nov. 13 May 13
Dec. 11 June 10
Jan. 22

<p>Chicken Vegetable Soup</p> <p>BBQ Beef Meatballs Mashed Potatoes</p> <p>Brie & Bell Pepper Frittata</p> <p>Peas & Carrots Garden Salad & Red Cabbage</p>	<p>Peas Soup</p> <p>Teriyaki Chicken</p> <p>Fish Filet au Gratin</p> <p>Seven Grains Blend Green Beans Creamy Coleslaw</p>	<p>Cream of Vegetable Soup</p> <p>Pork Souvlaki with Tzatziki Sauce Lemon & Oregano Roasted Potatoes</p> <p>Mac & Cheese</p> <p>Sauteed Zucchini Spinach & Carrot Salad</p>	<p>Farmer's Market Soup</p> <p>Thai Coconut Chicken Chili Brown Rice</p> <p>Falafel Bowl</p> <p>California-style Vegetable Mix Spring Salad</p>	<p>Cream of Broccoli Soup</p> <p>Veal Parmigiana Basmati Rice</p> <p>Taquitos</p> <p>Mixed Vegetable Caesar Salad</p>
<p>Cream of Mushroom Soup</p> <p>Chicken & Creamy Pesto Sauce Fettuccine Pasta</p> <p>Vegetarian Chili with Baked Tortilla & Salsa</p> <p>Broccoli Mexican Corn Salad</p>	<p>Minestrone Soup</p> <p>Croque Monsieur with Ham</p> <p>Tofu with Butter & Peas with Naan Bread Herb Rice</p> <p>Green Beans Garden Salad</p>	<p>Chicken Quinoa Soup</p> <p>Baked Lasagna</p> <p>Cheddar Cheese & Vegetable Frittata</p> <p>Carrots Julienne Caesar Salad</p>	<p>French Onion Soup</p> <p>Homemade Chicken Bites with Spicy Mayonnaise</p> <p>Individual Lentil Loaf with Herbed Tomato Sauce</p> <p>Carrots & Edamame Traditional Coleslaw</p>	<p>Beef Vegetable Soup</p> <p>Italian Pita</p> <p>Baked Seafood Rotini</p> <p>Buttered Peas Mediterranean Salad</p>
<p>Chicken & Vermicelli Soup</p> <p>Spicy Beef Casserole & Diced Potatoes</p> <p>Grilled Fish Filet with Tartar Sauce Baked Potato Wedges</p> <p>California-style Vegetable Mix Garden Salad</p>	<p>Lentil Soup</p> <p>Turkey Burger with Toppings & Sriracha Sauce</p> <p>Cauliflower & Chickpea Tagine Couscous</p> <p>Baked Vegetable Carrot & Raisin Salad</p>	<p>Cream of Chicken Soup</p> <p>Sweet & Sour Pork Penne with Garlic & Herbs</p> <p>Pasta Primavera with Rosée Sauce</p> <p>Roasted Turnips Caesar Salad</p>	<p>Cream of Carrot Soup</p> <p>Homemade Sloppy joe on a Bun</p> <p>Baked Tofu & Spinach Quiche</p> <p>Vegetable Mix Prince Edward Coleslaw</p>	<p>Beef & Barley Soup</p> <p>General Tao Chicken</p> <p>Indian Dhal</p> <p>Basmati Rice Carrots & Edamame Garden Salad</p>
<p>Cream of Tomato Soup</p> <p>Portuguese Chicken Jamaican Rice & Beans</p> <p>Sweet Potato & Black Bean Burrito</p> <p>Mexican-style Corn Garden Salad</p>	<p>Chicken & Noodle Soup</p> <p>Grilled Asian Chicken</p> <p>Tex-mex Vegetarian Bowl</p> <p>Steamed Rice Mixed Vegetable Asian Napa Slaw</p>	<p>Vegetable Soup</p> <p>Spaghetti Bolognese with Lentils</p> <p>Zesty Orange Tofu Stir-Fry Rice Noodle</p> <p>Green Beans Caesar Salad</p>	<p>Butternut Squash Soup</p> <p>BBQ Chicken Pizza</p> <p>Salmon Pie with Egg Sauce</p> <p>Green Peas Market Salad</p>	<p>Oriental-style Soup</p> <p>Shepherd's Pie with Lentils</p> <p>Italian Manicotti with Cheese & Tomato Sauce</p> <p>Bistro Vegetable Mix Spinach & Carrot Salad</p>

Week 2

Aug. 28 Feb. 26
Sept. 25 March 25
Oct. 23 April 22
Nov. 20 May 20
Dec. 18 June 17
Jan. 29

Week 3

Sept. 04 Feb. 05
Oct. 02 March 04
Oct. 30 April 01
Nov. 27 April 29
Jan. 08 May 27

Week 4

Sept. 11 Feb. 12
Oct. 09 March 11
Nov. 06 April 08
Dec. 04 May 06
Jan. 15 June 03

Menu of the day price

included:

- Soup
- Main course
- Milk
- and dessert

\$6,50

A good method of payment, the "Zipthru card" available in the cafeteria!

Visit it
www.Chartwellsk12.ca
for more information.

Your child will only have to use their "Zipthru card" to pay at the checkout.

