







	High School 2017	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<b>Week 1</b>	<b>Daily Meal \$6.50 Add 0.50 for white milk</b>	Oven Baked BBQ Chicken Flat Bread served with a Side Salad	Sweet and Sour Meatballs over Noodles or Rice served with Sautéed Vegetables	Spaghetti With Lean Meat Sauce, Tossed Salad and Fresh Garlic Bread	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
<b>Week 2</b>		Pulled Pork on a Kaiser with Potato Sticks and Coleslaw	Butter Chicken on a bed of Rice served with Hot Vegetables	Homestyle Lasagna with Caesar Salad and Fresh Baked Roll	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
<b>Week 3</b>		Hot Chicken Sandwich served with Mashed Potatoes and Hot Vegetables	Homemade Shepherd's Pie served with Coleslaw	Soft Beef Tacos served with Mexican Rice and Corn	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
<b>Pasta Meal</b> Served with side salad and Bread Stick		Baked Macaroni and Cheese \$6.50	Spaghetti with Meat Sauce or Marinara Sauce \$6.50	Chicken, Broccoli and Cheese Pasta \$6.50	Beef and Macaroni in Tomato Sauce \$6.50	Chicken Fettucine Alfredo \$6.75
<b>Deli Favourites</b> 		6" Philly Steak Sub \$6.00	Beef or CHICKEN Flatza \$4.25	Teriyaki Chicken Wrap \$6.25	Gourmet Grilled Ham & Cheese \$4.25	Hot Meatball Wrap \$4.75
<b>Hamburger Pizza</b> \$3.50/\$3.75		<b>Taco Pizza</b> \$3.50/\$3.75	<b>Panzerotti</b> \$5.00	<b>Soft Beef Taco</b> \$3.00/\$3.25	<b>Donair Pizza</b> \$3.50/\$3.75	
<b>Daily Grab &amp; Go</b>		Thai Chicken Wrap \$5.50 Or Build your own Burger just the way you like it!	BLT Wrap \$4.75	Hummus and Veggie Wrap \$4.00	Butter Chicken Flat Bread \$5.00	Deluxe Tuna Melt on a Bagel \$4.25

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