**MCS October/November Menu**

***October:***

*Monday, 27th*: Tater Poutine with hidden veggies

*Tuesday, 28th:* Shepherd’s Pie with broccoli

*Wednesday,* 29th: Closed

*Thursday, 30th:* Chicken Caesar wrap with rice

*Friday, 31st:* Zombie Toast with blood syrup, tangerine and ham

(Spinach bread french toast, strawberry syrup)

***November:***

*Monday, 3rd:* Grilled cheese with tomato soup

*Tuesday, 4th:* Pulled pork and mashed potatoes (DF)

*Wednesday, 5th:* Closed

*Thursday, 6th:* Turkey pot pie with a roll

*Friday, 7th:* Stir Fry with rice (DF)

*Monday, 10th: Chilli with roll (DF)*

*Tuesday, 11th: No School*

*Wednesday, 12th: Closed*

*Thursday, 13th: Fish and caesar salad*

*Friday, 14th: No School*

*Monday, 17th: Pancakes and ham (DF)*

*Tuesday, 18th: Lasagna and garlic cheese bread*

*Wednesday, 19th: Closed*

*Thursday, 20th: Chicken tenders with taters (DF)*

*Friday, 21st: Meatballs with rice (DF)*

*Monday, 24th: Tater poutine with hidden veggies*

*Tuesday, 25th: Spaghetti with garlic cheese bread (DF)*

*Wednesday, 26th: Closed*

*Thursday, 27th: Hamburger with sweet potato fries (DF)*

*Friday, 28th: Chicken wraps with rice*

*All of our regular treats and snacks will also be available.*

*We also have Gluten free pizza that can be made daily. (We ask that your child pre orders the gluten free pizza in the morning)*

*\*DF = Dairy Free*