

High School Menu 2016-2017

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Daily Meal \$6.00 Add 0.50 for white milk	 Sliced Roast Beef with Potatoes, Mixed Vegetables and Gravy	 Fajita Bar Southwest Beef or Mexican Lime Chicken Fajita with Side Salad	 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
		Hot Turkey Sandwich with Mashed Potatoes, Seasonal Veggies and Gravy	2 Mexican Soft Beef Tacos Mexican Rice and Corn	Penne in Marinara Sauce with Meatballs and Peppers, with Cheesy Breadstick	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
		Homemade Shepherd's Pie served with Tossed Salad	Chicken Quesadilla with Rice or Side Salad	Featured Special! Check with your cafeteria staff to find out what's next!	Celebrity Chef Meal Meals created just for us by a professional Chef	Pacific Rim Meal Flavors from Thailand, Southeast Asia and China
Pasta Meal Served with side salad and Bread Stick	Baked Macaroni and Cheese \$6.00	Spaghetti with Meat Sauce or Marinara Sauce \$6.00	Chicken, Broccoli and Cheese Pasta \$6.00	Beef and Macaroni in Tomato Sauce \$6.00	Chicken Fettucine Alfredo \$6.25	
Deli Favourites	6"Philly Steak Sub \$5.75	Pulled Pork Wrap \$6.00	Teriyaki Chicken Wrap \$6.00	6" Pizza Sub \$4.50	Meatball Wrap \$4.75	
	Hamburger Pizza \$3.50	Garlic Round \$4.50	Panzerotti \$4.75	Mexican Pizza \$3.50	Donair Pizza \$3.50	

Introducing Zipthru card payment method. Visit www.zipthru-card.ca to buy your card now. Fast and convenient method to pay for your meals. No carrying cash to school.