

High School Bistro Menu - October 19, 2020 to June 4, 2021.

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1						
19-Oct	Choice 1	Tortellini in Rosé Sauce Green Beans	Végé Frittata Oven Roasted Potatoes Mixed Vegetables	Fish Roulade Seasoned Egg Noodles Garden Vegetables	Shepherd's Pie Brown Gravy Crinkled Carrots	Chicken Bombay
23-Nov						Seasoned Rice with Carrots
11-Jan						Oriental Chicken
15-Feb						Pick of the Day Vegetables
29-Mar	Choice 2	Hamburger and Santa Fe Veggie Burger Salad	*NEW Dumpling (Chicken) *NEW Edamame & Cabbage Salad	BBQ Rib Sub (beef) Lettuce and Tomato	Vegetarian Quesadilla Mexican Turkey Wrap Mexican Salad	Pizza
3-May						Mixed Green Salad
						Dessert 2 small oatmeal cookie
WEEK 2						
26-Oct	Choice 1	Cheese Manicotti Tomato Sauce Broccoli	Chicken Souvleki Platter Pilaf Rice Teriyaki Chicken Pick of the day Vegetables	Pasta Alla Bolognese (Beef) Green Beans	BBQ Chicken Leg Potato wedges Garden Style Vegetables	Parmigiana Meatloaf (Beef)
30-Nov						Oven Roasted Potatoes
18-Jan						Cocktail Vegetables
22-Feb						
5-Apr	Choice 2	Philly Steak Chipotle Wrap Coleslaw	Pulled Pork Sandwich Gourmet Salad	Shish Taouk Sandwich (Chicken) Salad	Sicilian Panini (Beef) Coleslaw	Pizza
10-May						Caesar Salad
						Dessert Muffin
WEEK 3						
2-Nov	Choice 1	Korean Sesame Beef Basmati Rice Sunrise Vegetables	Savory Tuna Pasta Cocktail Vegetables	*NEW Italian Pou Teen (Beef) Coleslaw Shepherd's Pie , Gravy , Garden Vegetables	Chicken Pad Thai Chicken and Feta Pasta Pick of the Day Vegeables	Mexican Rice (Beef)
7-Dec						Mixed Vegetables
25-Jan						
8-Mar						
12-Apr	Choice 2	Chicken Fajitas Chicken Quesadilla Mixed Green Salad	Cheeseburger and Santa Fe Veggie Burger Salad	Chicken Souvleki Pita Lettuce and Tomato	Vegetarian Roll B-102v Carrot Slaw	Pizza
17-May						Mixed Green Salad
						Dessert 2 small oatmeal cookie

WEEK 4							
9-Nov	Choice 1	*Chicken a la Parmigianna	Macaroni and Cheese	Cabbage Roll Casserole (Beef)	Crispy Coated Chicken Leg	Pot Roast (Beef Stew)	
14-Dec		Seasoned Rice with Carrots	Broccoli	Pick of the Day Vegetables	Potato Wedges	Beef Forestière	
1-Feb		Cocktail Vegetables			Peas & Carrots	Seasoned Egg Noodles	
15-Mar						Mixed Vegetables	
19-Apr	Choice 2	Vegetarian Quesadilla	Italian Meatball Sub (Beef)	BBQ Turkey Burger	Beef and Salsa Wrap B-60	Pizza	
24-May		Gourmet Salade	Salad	Lettuce and Tomato	Mixed Green Salad	Caesar Salad	
		Dessert	Muffin	Fruit Jelly	Milk Pudding	2 small oatmeal cookie	Yogurt
WEEK 5							
16-Nov	Choice 1	Fish Filet Lemon Herbs	General Tao Chicken	Lasagna (Beef)	Chicken Delight	Chickpea Casserole au Gratin	
4-Jan		*Ocean Bites	Seasoned Rice with Carrots	and Lentil Lasagna	Butter Chicken	& Couscous	
8-Feb		Seasoned Egg Noodles	Zesty Chicken	Garden Style Vegetables	Basmati Rice	Olé Meat Pie	
22-Mar		Mexican Vegetables	Pick of the Day Vegetables		Sunrise Vegetables	Parsley Potatoes	
26-Apr	Choice 2	*Multigrain Chicken Burger	Gyro Pita Sandwich (Beef-Lamb)	BBQ Grilled Chicken Sandwich	Beef Taco Bowl	Pizza	
31-May		Lettuce and Tomato	Salad (for Gyro)	Caesar Salad	Soft Taco	Mixed Green Salad	
		Dessert	2 small oatmeal cookie	Fruit Cocktail	Yogurt	Fruit Jelly	Muffin

*Whole grain product

Note: Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)

6-Oct-20