

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Legend Gluten Free (GF) Vegetarian (V)	BBQ Chicken Leg/Roast Potato & Salad Grilled Chicken Caesar Broccoli Cheese Soup Ham, Roast Beef, Egg Salad Sandwich	Turkey Taco Salad Grilled Chicken Caesar Cream of Mushroom Soup Ham, Roast Beef, or Egg Salad Sandwich	All Beef Hot Dog & Baked Wedge Fries Grilled Chicken Caesar Chicken Noodle Soup Ham, Roast Beef, or Egg Salad Sandwich	Pizza – Cheese or Pepperoni Grilled Chicken Caesar Carrot Ginger Ham, Roast Beef, or Egg Salad Sandwich
7	8	9	10	11
No School – Labour Day	BBQ Pulled Pork Sandwich, Coleslaw & Roast Potato Teriyaki Chicken/Rice Noodle Salad French Onion Soup Ham, Turkey, or Tuna Salad Sandwich	Perogies with Bacon, Cheddar & Sour Cream Teriyaki Chicken/Rice Noodle Salad GF Boston Clam Chowder Ham, Turkey, or Tuna Salad Sandwich	Tortellini & Tomato Sauce w/Garlic Toast Buffalo Chicken Salad/Ranch Dressing Curried Squash Soup Ham, Turkey, or Tuna Salad Sandwich	Pizza – Cheese or Pepperoni Buffalo Chicken Salad/Ranch Dressing Hamburger Soup Ham, Turkey, or Tuna Salad Sandwich
14	15	16	17	18
Beef & Black Bean Chili, Cornbread and Salad Chef's Salad – Balsamic Dressing Tomato Soup Ham, Pastrami, or Egg Salad Sandwich	Chicken Pot Pie w/Hot Vegetables Chef's Salad – Balsamic Dressing Sausage & Corn Chowder Ham, Pastrami, or Egg Salad Sandwich	Pasta Alfredo w/Garlic Toast Chef Salad – Balsamic Dressing Minestrone Soup Ham, Pastrami, or Egg Salad Sandwich	Dry Garlic Pork Rib w/Rice & Vegetables Teriyaki Beef/Rice Noodle Salad Beef & Barley Soup Ham, Pastrami, or Egg Salad Sandwich	Pizza – Cheese or Pepperoni Teriyaki Beef/Rice Noodle Salad Broccoli Cheese Soup Ham, Pastrami, or Egg Salad Sandwich
21	22	23	24	25
Macaroni & Cheese Casserole w/Salad Chicken Taco Salad/Salsa Ranch Corn Bacon Chowder Ham, Roast Beef or Tuna Salad	House made Burger & Fries Chicken Taco Salad/Salsa Ranch Curried Lentil Soup Ham, Roast Beef or Tuna Salad Sandwich	Butter Chicken, Rice & Vegetables Grilled Chicken Caesar Vietnamese Chicken Pho Ham, Roast Beef or Tuna Salad Sandwich	Pasta Bolognese w/Caesar Salad Grilled Chicken Caesar Corn & Thyme Soup Ham, Roast Beef or Tuna Salad Sandwich	No School – Parent Conferences
28	29	30	OCTOBER 1	OCTOBER 2
Grilled Cheese Sandwich w/Tomato Soup Tabouli Salad – Hummus, Pita & Yogurt Dressing Tomato Soup Ham, Turkey, or Egg Salad Sandwich	Pancakes, Sausages and Fresh Fruit Tabouli Salad – Hummus, Pita & Yogurt Dressing Tortilla Soup Ham, Turkey, or Egg Salad Sandwich	Beef & Spinach Lasagne w/Caesar Salad Grilled Chicken Caesar Manhattan Clam Chowder Ham, Turkey, or Egg Salad Sandwich	Fish Cakes & Baked Wedge Fries Grilled Chicken Caesar Japanese Miso Soup Ham, Turkey, or Egg Salad Sandwich	Pizza – Cheese or Pepperoni Grilled Chicken Caesar Potato Leek Soup – V/GF Ham, Turkey, or Egg Salad Sandwich

Pre-Order Pricing:

Single Sandwich with Drink and Dessert - \$8.25 | Single Sandwich w/Soup or Salad, Entrée Salad or Daily Special with drink and dessert - \$8.75
 1 slice of pizza, with drink and dessert - \$7.00 | 2 slices of pizza with drink and dessert – \$8.75