

Week 1 July 6-10, Week 3 July 20-24, Week 5 August 17-21

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken Hot Dog with Baked Potato Wedges & ketchup packet	BBQ Chicken Drumsticks with Mashed Mashed Potato & Corn Niblets	FIELD TRIP	Homemade Macaroni & Cheese	Teriyaki Chicken Vegetable Noodle Stirfry
Veg Option (Includes dairy & eggs)	Veggie Hot Dog with Baked Potato Wedges & ketchup packet	BBQ Veggie Balls with Mashed Mashed Potato & Corn Niblets	-	Homemade Macaroni & Cheese	Teriyaki Tofu Vegetable Noodle Stirfry
Halal Option	Halal Chicken Hot Dog with Baked Potato Wedges & ketchup packet	Halal BBQ Chicken Drumsticks with Mashed Mashed Potato & Corn Niblets	-	Homemade Macaroni & Cheese	Halal Teriyaki Chicken Vegetable Noodle Stirfry

Snacks will vary and may be any of the following: chocolate chip cookie, oatmeal cookie, chocolate pudding, rice krispie square, granola bar or muffin. Fruit = Fruit will vary, based on availability/seasonality. Fruit provided can be fresh, canned or frozen (always plain or unsweetened). Fruit choices may include apples, pears, oranges, pineapple, cantaloupe, watermelon etc. Please note this menu is subject to change, due to supply challenges. Substitutions may be made for the major allergens ie. gluten, dairy & egg or dietary restrictions.

Week 2 July 13-17, Week 4 August 10-14, Week 6 August 24-28

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Beef Burger with Baked Potato Wedges	Pasta with Meat Sauce	FIELD TRIP	Baked Chicken Fingers & Potato Hash Browns with Carrot Coins	BLT (turkey bacon) on a Kaiser bun with mayo packet
Veg Option (Includes dairy & eggs)	Veggie Burger with Baked Potato Wedges	Pasta with Tomato Sauce	-	Veggie Balls & Potato Hash Browns with Carrot Coins	Hummus & Veggie Sandwich
Halal Option	Halal Chicken Burger with Baked Potato Wedges	Pasta with Halal Meat Sauce	-	Baked Chicken Fingers & Potato Hash Browns with Carrot Coins	Hummus & Veggie Sandwich

4-Day Lunch Plan \$85/week (must remit fee one week in advance - cannot accommodate same week)
Lunch is not provided on the day of the scheduled field trip/workshop.

