



MIDDLE/SENIOR SCHOOL SAMPLE MENU

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1	Cottage pie	Stir-fried chicken and vegetables w/ noodles	100% lean ground beef burger on a whole wheat bun	Whole wheat rotini pasta w/ meat sauce (enriched w/ vegetable puree)	Grilled lemon-pepper salmon w/ roasted potatoes and vegetables
2	Teriyaki beef noodles w/ vegetables	Breaded roasted chicken w/ roasted cheese potatoes and carrot flowers	Whole wheat mac & cheese w/ cauliflower puree	Chicken pot pie	Beef chili w/tortilla
3	Spaghetti & meat sauce (enriched w/ vegetable puree)	Stir-fried chicken and vegetables w/ rice	100% beef sausage w/ whole wheat bun + Soup	Stir-fried beef and vegetables w/ brown rice	Chicken souvlaki w/tortilla
4	Beef Pie	Crusted chicken w/ baked potatoes and vegetables	Special pizza day	Lasagna with 100% lean ground beef	Roasted chicken w/ sauté vegetables

Meal plan includes: Hot meal of the day + fruit juice or milk + dessert (fruit or once a week a baked treat)

The cafeteria will also offer a variety of freshly prepared breakfast, snack and à la carte lunch items: yogurt parfait, cereal/granola, fresh fruit, bagels, multigrain breads, omelets, scrambled eggs, English muffins, low fat muffins, fruit cake, sandwiches, wraps, salad bar, soup, baked treat once a week (cookie, cinnamon roll or croissant).

Elmwood's cafeteria is an eco-friendly, vegetarian-friendly and nut-free facility. We welcome your feedback and questions, and are happy to help address any food allergies or other dietary concerns. Please call Chef Livia at **(613) 749-6761 x.233** or email **loliveira@elmwood.ca**.