



Sample Snack Menu					
AM	Apple sauce with cinnamon rice cakes	Granola bar with orange slices	Hot oatmeal with blueberries	Hard boiled eggs with pita chips	Cereal bar with fresh fruit
PM	Cheese and crackers	Yoghurt dip with cucumber slices	Popcorn with fresh fruit	Muffin of the day and fresh fruit	Quaker rice chips with vegetable sticks

Junior School Bistro – September 2021

		8 Cheese tortellini with tomato sauce and garlic bread	9 Cheese sandwich with apple slices and chicken noodle soup	10 Homemade chicken fingers with potato salad, vegetables and dip
13 Creamy macaroni and cheese with steamed broccoli	14 Panko crusted fish cakes with buttered broccoli and carrots	15 Cucumber and cream cheese bagel with apple slices and celery sticks	16 Turkey sausages with roasted potatoes and green beans	17 Veggie burger with pasta salad, vegetables and dip
20 Spaghetti with tomato sauce and Caesar salad	21 Wow butter and jam sandwich with cucumber slices and grapes	22 Beef hand pie with roasted potatoes and green peas	23 Teriyaki chicken balls with steamed rice and green beans	24 Pancake day with turkey sausages and fresh fruit salad
27 Tofu chow mein with mixed vegetables	28 Roasted chicken legs with rice pilaf and green peas	29 Meatballs and gravy with creamy mash potatoes and buttered corn	30 Turkey sandwich with apple slices and cauliflower soup	OCTOBER 1 Founder's Day lunch! Vegetarian hotdogs with Miss Vickie's chips and fresh fruit