

Duke of Connaught FDK Lunch Menu, October, 2015

			THURSDAY Oct 1	FRIDAY Oct 2
			Veggie Fried Rice Veggies/Salad Fruit Milk/Water _____	Meat or Vegetarian Shepherd's Pie Veggies/Salad Fruit Milk/Water _____
MONDAY Oct 5	TUESDAY Oct 6	WED. Oct 7	THURSDAY Oct 8	FRIDAY Oct 9
Macaroni & Cheese Veggies/Salad Fruit Milk/Water _____	Cheese or Bean Quesadillas Veggies/Salad Fruit Milk/Water _____	Chicken or Vegetable Stew Veggies/Salad Fruit Milk/Water _____	Cheese or Vegetable Frittati Veggies/Salad Fruit Milk/Water _____	Jerk Chicken or Tofu Veggies/Salad Fruit Milk/Water _____
MONDAY Oct 12	TUESDAY Oct 13	WED. Oct 14	THURSDAY Oct 15	FRIDAY Oct 16
Thanksgiving No School	Turkey or Black Bean Chili Veggies/Salad Fruit Milk/Water _____	Tuna or Cheese Melts Veggies/Salad Fruit Milk/Water _____	Cannelloni & Tomato Sauce Veggies/Salad Fruit Milk/Water _____	English Muffin Pizzas Veggies/Salad Fruit Milk/Water _____
MONDAY Oct 19	TUESDAY Oct 20	WED. Oct 21	THURSDAY Oct 22	FRIDAY Oct 23
Spaghetti & Tomato Sauce Veggies/Salad Fruit Milk/Water _____	Tuna or Vegetable Noodle Casserole Veggies/Salad Fruit Milk/Water _____	Beefaroni, or Tomato baked pasta Veggies/Salad Fruit Milk/Water _____	Teriyaki Chicken or Tofu Veggies/Salad Fruit Milk/Water _____	Beef or Vegetarian Sloppy Joes Veggies/Salad Fruit Milk/Water _____
MONDAY Oct 26	TUESDAY Oct 27	WED. Oct 28	Thursday, Oct. 29	Friday, Oct 30
Macaroni & Cheese Veggies/Salad Fruit Milk/Water _____	Million \$ Chicken or Tofu Veggies/Salad Fruit Milk/Water _____	Grilled Cheese Veggies/Salad Fruit Milk/Water _____	Ravioli with Tomato Sauce Veggies/Salad Fruit Milk/Water _____	Beef or Vegetarian Sliders Veggies/Salad Fruit Milk/Water _____

Lunch is \$3.00 a day, or \$63.00 for the entire month. Please check the days that your child will be having hot lunch, and if applicable, the vegetarian or meat option, and fill out the information below, and return this form to the school with the payment. Pre-registration is required. Please make cheques out to Duke of Connaught School

* Please note: In addition to contributing to the cost of food, a portion of this month's payment will also go towards the purchase of new tables for the lunchroom

Name of student _____ Teacher's Name _____

Allergies or Sensitivities _____