

# Duke of Connaught 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 _____
<b>MONDAY Oct 5</b>	<b>TUESDAY Oct 6</b>	<b>WED. Oct 7</b>	<b>THURSDAY Oct 8</b>	<b>FRIDAY Oct 9</b>
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 Frittata Veggies/Salad Fruit Milk/Water _____	Jerk Chicken or Tofu Veggies/Salad Fruit Milk/Water _____
<b>MONDAY Oct 12</b>	<b>TUESDAY Oct 13</b>	<b>WED. Oct 14</b>	<b>THURSDAY Oct 15</b>	<b>FRIDAY Oct 16</b>
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 _____	Leek and Potato Soup Veggies/Salad Fruit Milk/Water _____
<b>MONDAY Oct 19</b>	<b>TUESDAY Oct 20</b>	<b>WED. Oct 21</b>	<b>THURSDAY Oct 22</b>	<b>FRIDAY Oct 23</b>
Spaghetti & Tomato Sauce Veggies/Salad Fruit Milk/Water _____	Tuna or Vegetable Noodle Casserole Veggies/Salad Fruit Milk/Water _____	French Onion Soup Veggies/Salad Fruit Milk/Water _____	Teriyaki Chicken or Tofu Veggies/Salad Fruit Milk/Water _____	Beef or Vegetarian Sloppy Joes Veggies/Salad Fruit Milk/Water _____
<b>MONDAY Oct 26</b>	<b>TUESDAY Oct 27</b>	<b>WED. Oct 28</b>	<b>Thursday, Oct. 29</b>	<b>Friday, Oct 30</b>
Macaroni & Cheese Veggies/Salad Fruit Milk/Water _____	Million \$ Chicken or Tofu Veggies/Salad Fruit Milk/Water _____	Grilled Cheese Veggies/Salad Fruit Milk/Water _____	Ravioli & Tomato Sauce Veggies/Salad Fruit Milk/Water _____	Chicken Noodle or Vegetable Soup Veggies/Salad Fruit Milk/Water _____

Lunch is \$3.50 a day, or \$73.50 for the entire month. Please check the days that your child will be having hot lunch and fill out the information below, and return this form to the school with the payment.

Please make cheques payable 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 \_\_\_\_\_