

Island Public School March 2022 Nutrition Program Menu

Monday February 28		Tuesday, March 1		Wednesday, March 2		Thursday, March 3		Friday, March 4	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> • Oven Fried Chicken • Oven Spiced Potatoes • Seasonal Veggies 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> • Beef Burger w/ toppings • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Apple Slices • Yogurt Tube • WG Scone 	<ul style="list-style-type: none"> • Oven Baked Cod Nuggets • Oven Baked Fries • Cucumber Slices 	<ul style="list-style-type: none"> • Whole Orange • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> • Penne with Zesty Tomato Sauce • Garden Salad • Chickpea Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Mini Muffin 	<ul style="list-style-type: none"> • Chicken Shawarma Pita • Steamed Basmati Rice • Seasonal Local Veg 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Oatmeal Cookie
Veggie Option <ul style="list-style-type: none"> • Vegan Samosa • Oven Spiced Potatoes • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ toppings • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slices • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Penne with Zesty Tomato Sauce • Garden Salad • Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Pita • Steamed Basmati Rice • Seasonal Local Veg 	
Monday 7		Tuesday 8		Wednesday 9		Thursday 10		Friday 11	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> • Panko Breaded Sole • Oven Roasted Potatoes • Garden Salad 	<ul style="list-style-type: none"> • Whole Orange • Yogurt Tube • Superfood Bar 	<ul style="list-style-type: none"> • Cheese Pizza • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> • Chicken Burger with toppings • Oven Baked Fries • Veggie Sticks 	<ul style="list-style-type: none"> • Whole Pear • Yogurt tube • WG Oatmeal Cookie 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> • Grilled Chicken • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Scone
Veggie Option <ul style="list-style-type: none"> • Vegan Samosa • Oven Roasted Potatoes • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Cheese Pizza • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ Toppings • Oven Baked Fries • Veggie Sticks 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 		Veggie Option <ul style="list-style-type: none"> • Oven Baked Falafels • Lemon Rice • Greek Salad 	
MARCH BREAK Monday 14th to 18th									
Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> • Oven Fried Chicken • Oven Spiced Potatoes • Seasonal Veggies 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> • Beef Burger w/ toppings • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Apple Slices • Yogurt Tube • WG Scone 	<ul style="list-style-type: none"> • Oven Baked Cod Nuggets • Oven Baked Fries • Cucumber Slices 	<ul style="list-style-type: none"> • Whole Orange • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> • Penne with Zesty Tomato Sauce • Garden Salad • Chickpea Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Mini Muffin 	<ul style="list-style-type: none"> • Chicken Shawarma Pita • Steamed Basmati Rice • Seasonal Local Veg 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Oatmeal Cookie
Veggie Option <ul style="list-style-type: none"> • Vegan Samosa • Oven Spiced Potatoes • Seasonal Veggies 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ toppings • Pasta Sala • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Biryani • Cucumber Slice • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Penne with Zesty Tomato Sauce • Garden Salad • Chickpea Salad 		Veggie Option <ul style="list-style-type: none"> • Vegetarian Pita • Steamed Basmati Ric • Seasonal Local Veg 	
Monday 28		Tuesday 29		Wednesday 30		Thursday 31		April, Friday 1	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack
<ul style="list-style-type: none"> • Panko Breaded Sole • Oven Roasted Potatoes • Garden Salad 	<ul style="list-style-type: none"> • Whole Orange • Yogurt Tube • Superfood Bar 	<ul style="list-style-type: none"> • Cheese Pizza • Pasta Salad • Garden Salad 	<ul style="list-style-type: none"> • Baby Carrots • Cheese Slice • WG Mini Bagel 	<ul style="list-style-type: none"> • Chicken Burger with toppings • Oven Baked Fries • Veggie Sticks 	<ul style="list-style-type: none"> • Whole Pear • Yogurt tube • WG Oatmeal Cookie 	<ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 	<ul style="list-style-type: none"> • Apple Slices • Cheese Slice • WG Melba Toast 	<ul style="list-style-type: none"> • Grilled Chicken • Lemon Rice • Greek Salad 	<ul style="list-style-type: none"> • Apple Sauce • Yogurt Tube • WG Scone
Veggie Option <ul style="list-style-type: none"> • Vegan Samosa • Oven Roasted Potatoes • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Cheese Pizza • Pasta Salad • Garden Salad 		Veggie Option <ul style="list-style-type: none"> • Veggie Burger w/ Toppings • Oven Baked Fries • Veggie Sticks 		Veggie Option <ul style="list-style-type: none"> • Chili Mac 'n' Cheese • Garden Salad with Chickpeas 		Veggie Option <ul style="list-style-type: none"> • Oven Baked Falafels • Lemon Rice • Greek Salad 	

➤ Please note that the menu is subject to change without notice due to the availability of certain food products or through unexpected generous food donations ☺