

## Island Public School November 2021 Nutrition Program Menu

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5	
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"> <li>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burger with toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Pear</li> <li>• Yogurt tube</li> <li>• WG Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Scone</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ Toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad</li> <li>• Chickpeas</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Oven Baked Falafels</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	
Monday 8		Tuesday 9		Wednesday 10		Thursday 11		Friday 12	
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"> <li>• Oven Fried Chicken</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Yogurt Tube</li> <li>• WG Scone</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Baked Cod Nuggets</li> <li>• Oven Baked Fries</li> <li>• Cucumber Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Mini Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Shawarma Pita</li> <li>• Steamed Basmati Rice</li> <li>• Seasonal Local Veg</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Oatmeal Cookie</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slices</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Pita</li> <li>• Steamed Basmati Rice</li> <li>• Seasonal Local Veg</li> </ul>	
Monday 15		Tuesday 16		Wednesday 17		Thursday 18		Friday 19	
Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	Hot Lunch	Morning Snack	<h1 style="margin: 0;">P.A. Day No School</h1>	
<ul style="list-style-type: none"> <li>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burger with toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Pear</li> <li>• Yogurt tube</li> <li>• WG Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>		
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ Toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>			
Monday 22		Tuesday 23		Wednesday 24		Thursday 25		Friday 26	
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"> <li>• Oven Fried Chicken</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Yogurt Tub</li> <li>• WG Scone</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Baked Cod Nuggets</li> <li>• Oven Baked Fries</li> <li>• Cucumber Slices</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Mini Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Shawarma Pita</li> <li>• Steamed Basmati Rice</li> <li>• Seasonal Local Veg</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Oatmeal Cookie</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Spiced Potatoes</li> <li>• Seasonal Veggies</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger w/ toppings</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Biryani</li> <li>• Cucumber Slices</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Penne with Zesty Tomato Sauce</li> <li>• Garden Salad</li> <li>• Chickpea Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegetarian Pita</li> <li>• Steamed Basmati Rice</li> <li>• Seasonal Local Veg</li> </ul>	
Monday 29		Tuesday 30		Wednesday December 1		Thursday December 2		Friday December 3	
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"> <li>• Panko Breaded Sole</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Orange</li> <li>• Yogurt Tube</li> <li>• Superfood Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cheese Slice</li> <li>• WG Mini Bagel</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Burger with toppings</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Whole Pear</li> <li>• Yogurt tube</li> <li>• WG Oatmeal Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad with Chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Cheese Slice</li> <li>• WG Melba Toast</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Chicken</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Apple Sauce</li> <li>• Yogurt Tube</li> <li>• WG Scone</li> </ul>
<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Vegan Samosa</li> <li>• Oven Roasted Potatoes</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pasta Salad</li> <li>• Garden Salad</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Veggie Burger</li> <li>• Oven Baked Fries</li> <li>• Veggie Sticks</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Chili Mac 'n' Cheese</li> <li>• Garden Salad wit</li> <li>• Chickpeas</li> </ul>		<b>Veggie Option</b> <ul style="list-style-type: none"> <li>• Oven Baked Falafels</li> <li>• Lemon Rice</li> <li>• Greek Salad</li> </ul>	

➤ 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☺