

Island Public School September 2021 Nutrition Program Menu

Monday 13		Tuesday 14		Wednesday 15		Thursday 16		Friday 17	
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 20		Tuesday 21		Wednesday 22		Thursday 23		Friday 24	
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 •Chickpeas 		Veggie Option <ul style="list-style-type: none"> •Oven Baked Falafels • Lemon Rice •Greek Salad 	
Monday 27		Tuesday 28		Wednesday 29		Thursday 20		October, 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"> •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 	

➤ 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 😊