**Parkdale PS Menu**

**2017–2018 Sept/Oct**

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| **WEEK 1** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Spaghetti with**  **Zesty Tomato Sauce,**  **with Meat Sauce**  **served with**  **Caesar Salad**  **Ingredients:**  Optional;  *Extra Lean Ground Beef*  Fresh Onions, chopped  Fresh Celery, chopped  Spaghetti Sauce  Water, Salt  Black Pepper  Garlic Powder, Thyme, each  Bay Leaves  Oregano  Hot Sauce  All-Purpose Flour  Water  Spaghetti  Romaine Lettuce, pieces  Parmesan Cheese  Light Caesar Dressing  Croutons | **Caribbean Jerk Chicken**  **served with**  **Rice and Beans**  **Roast Cauliflower**  **Ingredients:**  Chicken Leg, Skinless  Light Soy Sauce  Diced Tomatoes  Onions, fresh chopped  Green Onions, fresh chopped  Banana Peppers, sliced  Garlic, minced  Black Pepper  Tabasco Sauce  Allspice  Salt & Thyme each  Kidney Beans  Oil  Long Grain Rice  Oregano  Basil  Thyme, Salt, Pepper  Cauliflower  Oil  Garlic  Rosemary  Salt  Pepper | **Oven Baked**  **Spinach Mushroom**  **Lasagna**  **served with**  **Garden Salad**  **Ingredients:**  Onion, diced  Celery, chopped  Carrots, diced  Mushrooms, sliced  Vegetable Oil  Spaghetti Sauce  Fresh Spinach, chopped  Oregano  Black Pepper  Cottage Cheese 1%  Parmesan Cheese grated  Oven Ready Lasagna Noodles  Mozzarella Cheese, shredded  Fresh Egg,  Lettuce, ½ ea. Head & Leaf  Cucumbers, sliced thin  Carrots, grated  Purple cabbage, grated  Light Salad Dressing | **Country Chicken Burger with BBQ Sauce and Cheese**  **served with**  **Oven Fries**  **Orange Wedge**  **Ingredients:**  Chicken Burger  BBQ Sauce  Mozzarella Cheese  Lettuce, leaf  Whole Grain Hamburger Bun  Fries, straight cut skin on  Fries Wedge, skin on  Orange Wedge | **Vegetarian or Beef Teriyaki Noodles**  **served with**  **Coleslaw**  **Ingredients:**  Cantonese Noodles  Onions, diced  Carrots, chopped  Celery, chopped  Garlic, chopped  Broccoli, florets  Light Soya Sauce  Vegetable Oil  Mushrooms  Hot Pepper Sauce  Optional;  *Roast Beef Deli Meat*  Salad Dressing  Onions, chopped fine  Carrots, grated  Green Cabbage, shredded  Purple Cabbage, shredded |
| **WEEK 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Vegetarian or Beef**  **Fried Rice**  **served with**  **Italian Mixed Vegetables**  **Ingredients**:  Vegetable Stock  Rice, raw  Eggs, raw scrambled  Fresh Onions, sliced  Vegetable Oil  Thyme  Frozen Peas & Carrots  Light Soya Sauce  Black Pepper  Fresh Green Onions, chopped  Optional;  *Roast Beef, Deli sliced*  Frozen Italian Mixed Vegetables | **BBQ Chicken**  **served with**  **Mashed Potatoes**  **Cauliflower**  **Ingredients:**  Chicken leg, skinless  Salt  Pepper & Garlic Powder  Paprika  BBQ Sauce  Fresh Potatoes  Milk, 1%  Margarine  Salt  Cauliflower  Oil  Garlic  Rosemary  Salt  Pepper | **Fiery Fish**  **Taco**  **served with**  **Creamy Coleslaw**  **Apple Slices**  **Ingredients:**  Cod Nuggets,  Dressing Mayonnaise Light  Onions, chopped fine  Carrots, grated  Green Cabbage, shredded  Purple Cabbage, shredded  Cilantro, torn  Lime, zest, & juice  Hot Sauce  Whole Grain Tortilla  Wrap, 10”  Corn tempered  Light Salad Dressing  Onions, chopped fine  Carrots, grated  Green Cabbage, shredded  Purple Cabbage, shredded  Fresh Apple | **Garlic Chicken & Orzo**  **served with**  **Sauteed Mushrooms**  **Ingredients:**  Skinless Boneless Chicken Breast  Vegetable Oil  Garlic Cloves, minced  Dried Red Pepper Flakes  Red Pepper, diced  Fresh Parsley, chopped  Fresh Spinach  Orzo Pasta  Parmesan Cheese  Mushrooms  Oil  Garlic  Thyme  Rosemary  Salt  Pepper | **Red Lentil Sweet**  **with Lemon & Herb**  **served with**  **Grilled Cheese**  **Banana**  **Ingredients:**  Vegetable Oil  Onion, chopped  Carrots, peeled & finely diced  Garlic, minced  Bay leaves  Oregano  Thyme  Rosemary  Dried, red lentils  Red chili flakes  Pepper  Chicken base  Water, hot  Lemon, zest and juice  Parsley, chopped  Whole Grain Bread, Cheddar Cheese  Becel  Banana |

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| **WEEK 3** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Cheesy Pasta**  **with Baked**  **Tomato Sauce**  **served with**  **Caesar Salad**  **Ingredients:**  Rotini or Penne, raw  Shredded Mozzarella Cheese  Cheese Sauce, Trio  Grated Parmesan  Spaghetti Sauce  Croutons, or WG Bread Crumbs  Water, boiling  Tomato, slice  Romaine Lettuce, pieces  Parmesan Cheese  Light Caesar Dressing  Croutons | **Chicken Tikka Masala**  **served with**  **Coconut Basmati Rice**  **Coleslaw**  **Ingredients:**  Vegetable Oil  Chicken Thighs, boneless, skinless  PATAKS Tikka Masala Cooking Sauce  Rice, Basmati raw,  Margarine  Water  Coconut milk, can  Light Salad Dressing  Onions, chopped fine  Carrots, grated  Green Cabbage, shredded  Purple Cabbage, shredded | **Shepherd’s Pie**  **served with**  **Italian Mixed**  **Vegetables**  **Whole Grain Bread**  **Ingredients:**  Fresh Onions, diced  Extra Lean Ground Chuck  Black Pepper  Thyme  Spaghetti Sauce  Fresh Potatoes, cooked,  Milk, 1 or 2 %  Salt  Margarine, melted  Paprika  Peas & Carrots, frozen  Frozen Italian Mixed Vegetable  Whole Grain Bread  Becel | **Crispy Panko**  **Breaded Sole**  **served with**  **Oven Roast Potatoes**  **Sauteed Mushrooms**  **Ingredients:**  Panko Breaded Sole  Fresh Potatoes, peeled  Vegetable Oil  Salt  Pepper  Paprika  Mushrooms  Oil  Garlic  Thyme  Rosemary  Salt  Pepper | **Chicken Parmesan**  **served with**  **Buttered Egg**  **Noodles**  **Watermelon Wedge**  **Ingredients:**  Chicken Cutlet breaded  Spaghetti Sauce  Mozzarella Cheese, grated  Basil  Pepper  Egg Noodles  Becel  Watermelon |

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| **WEEK 4** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Cheese Tortellini**  **with Zesty Tomato Sauce**  **served with**  **Caesar Salad**  **Ingredients:**  Tortellini, cheese frozen  Vegetable Oil  Green Peppers, Sliced  Spanish Onions, Sliced  Spaghetti Sauce  Romaine Lettuce, pieces  Parmesan Cheese  Light Caesar Dressing  Croutons | **Chicken Souvlaki**  **served with**  **Lemon Rice**  **Greek Salad**  **Ingredients:**  Chicken breast skewers  Lemon juice  Vegetable Oil  Salt  Black Pepper  Garlic, crushed or granulated  Paprika  Oregano  Vegetable Oil  Onion, chopped  Rice  Chicken stock  Grated rind of one lemon  Lemon juice  Parsley, coarsely chopped  Pepper  Lettuce, Head, Leaf  Green Olives, drained  Tomatoes  Feta Cheese, light drained  Green Peppers, chopped  Light Italian Salad Dressing | **Spicy Meatball Parmesan Sub**  **served with**  **Oven Fries**  **Ingredients:**  Whole Grain Hoagie Roll  Spaghetti Sauce, heated  Meatballs, heated  Parmesan Cheese  Mozzarella Cheese  Pepper  Chili Flakes  Fries, straight cut skin on  Fries Wedge, skin on | **Vegetarian Biryani**  **served with**  **Sauteed Mushrooms**  **Ingredients:**  Vegetable Oil  Cauliflower, small pieces  Sweet Potato, small pieces  Large onion, finely sliced  Curry powder  Long Grain Rice, par boiled  Chicken stock, hot  Peas  Raisins (optional)  Chili flakes  Mushrooms  Oil  Garlic  Thyme  Rosemary  Salt  Pepper | **Tomato & Feta Bake**  **served with**  **Cauliflower**  **Ingredients:**  Pasta of your choice  Oil, vegetable  Basil, dried  Low Fat Feta Cheese, crumbled  Bread Crumbs  Parmesan Cheese  Diced Tomatoes can, drained  Cauliflower  Oil  Garlic  Rosemary  Salt  Pepper |