**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, choppedFresh Celery, choppedSpaghetti SauceWater, SaltBlack PepperGarlic Powder, Thyme, eachBay LeavesOreganoHot SauceAll-Purpose FlourWaterSpaghettiRomaine Lettuce, piecesParmesan CheeseLight Caesar DressingCroutons | **Caribbean Jerk Chicken****served with****Rice and Beans****Roast Cauliflower****Ingredients:**Chicken Leg, SkinlessLight Soy SauceDiced TomatoesOnions, fresh choppedGreen Onions, fresh choppedBanana Peppers, slicedGarlic, mincedBlack PepperTabasco SauceAllspiceSalt & Thyme eachKidney BeansOilLong Grain RiceOreganoBasilThyme, Salt, PepperCauliflowerOilGarlicRosemarySaltPepper | **Oven Baked****Spinach Mushroom****Lasagna****served with** **Garden Salad****Ingredients:**Onion, dicedCelery, choppedCarrots, dicedMushrooms, slicedVegetable OilSpaghetti SauceFresh Spinach, choppedOreganoBlack PepperCottage Cheese 1%Parmesan Cheese gratedOven Ready Lasagna NoodlesMozzarella Cheese, shreddedFresh Egg,Lettuce, ½ ea. Head & LeafCucumbers, sliced thinCarrots, gratedPurple cabbage, gratedLight Salad Dressing  | **Country Chicken Burger with BBQ Sauce and Cheese****served with****Oven Fries** **Orange Wedge****Ingredients:**Chicken BurgerBBQ SauceMozzarella CheeseLettuce, leafWhole Grain Hamburger BunFries, straight cut skin onFries Wedge, skin onOrange Wedge | **Vegetarian or Beef Teriyaki Noodles** **served with****Coleslaw** **Ingredients:**Cantonese NoodlesOnions, dicedCarrots, choppedCelery, choppedGarlic, choppedBroccoli, floretsLight Soya SauceVegetable OilMushroomsHot Pepper SauceOptional;*Roast Beef Deli Meat*Salad DressingOnions, chopped fineCarrots, gratedGreen Cabbage, shreddedPurple Cabbage, shredded |
| **WEEK 2** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Vegetarian or Beef****Fried Rice****served with****Italian Mixed Vegetables****Ingredients**:Vegetable StockRice, rawEggs, raw scrambledFresh Onions, slicedVegetable OilThymeFrozen Peas & CarrotsLight Soya SauceBlack PepperFresh Green Onions, choppedOptional; *Roast Beef, Deli sliced* Frozen Italian Mixed Vegetables | **BBQ Chicken****served with** **Mashed Potatoes****Cauliflower****Ingredients:**Chicken leg, skinlessSaltPepper & Garlic PowderPaprikaBBQ SauceFresh PotatoesMilk, 1%MargarineSaltCauliflowerOilGarlicRosemarySaltPepper | **Fiery Fish** **Taco****served with** **Creamy Coleslaw** **Apple Slices****Ingredients:**Cod Nuggets,Dressing Mayonnaise LightOnions, chopped fineCarrots, gratedGreen Cabbage, shreddedPurple Cabbage, shreddedCilantro, tornLime, zest, & juiceHot SauceWhole Grain Tortilla Wrap, 10”Corn temperedLight Salad DressingOnions, chopped fineCarrots, gratedGreen Cabbage, shreddedPurple Cabbage, shreddedFresh Apple | **Garlic Chicken & Orzo****served with** **Sauteed Mushrooms****Ingredients:**Skinless Boneless Chicken BreastVegetable OilGarlic Cloves, mincedDried Red Pepper FlakesRed Pepper, dicedFresh Parsley, choppedFresh SpinachOrzo PastaParmesan CheeseMushroomsOilGarlicThymeRosemarySaltPepper | **Red Lentil Sweet** **with Lemon & Herb****served with** **Grilled Cheese** **Banana****Ingredients:**Vegetable OilOnion, choppedCarrots, peeled & finely dicedGarlic, mincedBay leavesOreganoThymeRosemaryDried, red lentilsRed chili flakesPepperChicken baseWater, hotLemon, zest and juiceParsley, choppedWhole Grain Bread, Cheddar CheeseBecel 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, rawShredded Mozzarella CheeseCheese Sauce, TrioGrated ParmesanSpaghetti SauceCroutons, or WG Bread CrumbsWater, boilingTomato, sliceRomaine Lettuce, piecesParmesan CheeseLight Caesar DressingCroutons | **Chicken Tikka Masala****served with****Coconut Basmati Rice****Coleslaw****Ingredients:**Vegetable OilChicken Thighs, boneless, skinlessPATAKS Tikka Masala Cooking SauceRice, Basmati raw,MargarineWaterCoconut milk, canLight Salad DressingOnions, chopped fineCarrots, gratedGreen Cabbage, shreddedPurple Cabbage, shredded | **Shepherd’s Pie****served with** **Italian Mixed****Vegetables****Whole Grain Bread****Ingredients:**Fresh Onions, dicedExtra Lean Ground ChuckBlack PepperThymeSpaghetti SauceFresh Potatoes, cooked,Milk, 1 or 2 %SaltMargarine, meltedPaprikaPeas & Carrots, frozenFrozen Italian Mixed VegetableWhole Grain BreadBecel | **Crispy Panko****Breaded Sole****served with** **Oven Roast Potatoes****Sauteed Mushrooms****Ingredients:**Panko Breaded SoleFresh Potatoes, peeledVegetable OilSaltPepperPaprikaMushroomsOilGarlicThymeRosemarySaltPepper | **Chicken Parmesan****served with** **Buttered Egg****Noodles****Watermelon Wedge****Ingredients:** Chicken Cutlet breadedSpaghetti SauceMozzarella Cheese, gratedBasilPepperEgg NoodlesBecelWatermelon |

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| **WEEK 4** | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | **Cheese Tortellini****with Zesty Tomato Sauce****served with** **Caesar Salad****Ingredients:**Tortellini, cheese frozenVegetable OilGreen Peppers, SlicedSpanish Onions, SlicedSpaghetti SauceRomaine Lettuce, piecesParmesan CheeseLight Caesar DressingCroutons | **Chicken Souvlaki****served with** **Lemon Rice****Greek Salad****Ingredients:**Chicken breast skewersLemon juiceVegetable OilSaltBlack PepperGarlic, crushed or granulatedPaprikaOreganoVegetable OilOnion, choppedRiceChicken stockGrated rind of one lemonLemon juiceParsley, coarsely choppedPepperLettuce, Head, LeafGreen Olives, drainedTomatoesFeta Cheese, light drainedGreen Peppers, choppedLight Italian Salad Dressing | **Spicy Meatball Parmesan Sub****served with** **Oven Fries****Ingredients:**Whole Grain Hoagie RollSpaghetti Sauce, heatedMeatballs, heatedParmesan CheeseMozzarella CheesePepperChili FlakesFries, straight cut skin onFries Wedge, skin on | **Vegetarian Biryani****served with**  **Sauteed Mushrooms****Ingredients:**Vegetable OilCauliflower, small piecesSweet Potato, small piecesLarge onion, finely slicedCurry powderLong Grain Rice, par boiledChicken stock, hotPeasRaisins (optional)Chili flakesMushroomsOilGarlicThymeRosemarySaltPepper | **Tomato & Feta Bake****served with** **Cauliflower****Ingredients:**Pasta of your choiceOil, vegetableBasil, driedLow Fat Feta Cheese, crumbledBread CrumbsParmesan CheeseDiced Tomatoes can, drainedCauliflowerOilGarlicRosemarySaltPepper |