

PARKDALE MENU 2019/2020

	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
BREAKFAST	Egg & Cheese English Muffin Fresh Fruit 237 ml Milk	Grilled Cheese $\frac{1}{4}$ Fresh Fruit 237 ml Milk	French Toast Syrup Fresh Fruit 237 ml Milk	Pancakes Fresh Fruit 237 ml Milk	Egg & Cheese Sandwich Fresh Fruit 237 ml Milk
DAYCARE & SCHOOL WEEK#1	Chivkrn Teriyaki Noodles Chef Salad or Green Beans(daycare)	Chicken Tikka Masala Coconut Basmati Rice Seasonal Local Vegetables	Oven Baked Spinach & Mushroom Lasagna Garden Salad or Carrot Coins (daycare)	Chicken Caesar Wrap Oven Fries Melon Slice	Chicken Parmesan Egg Noodles Fresh Fruit
DAYCARE & SCHOOL WEEK#2	Cheese Tortellini with Zesty Tomato Sauce Caesar Salad Steamed Broccoli (daycare)	BBQ Chicken Oven Roast Potatoes Seasonal Local Vegetables	Meat Loaf Mashed Potato Mushroom Gravy California Mixed Vegetables Bread	Chicken Souvlaki Lemon Rice 1/2 Pita Greek Salad or Green Beans	Hamburger Served with Oven Fries Melon Slice
DAYCARE & SCHOOL WEEK#3	Mediterranean Pasta Bake Caesar Salad or Steamed Broccoli (daycare)	Chicken Cacciatore served with Egg Noodles Italian Blend	Shepherd's Pie served with Seasonal Vegetables Whole Grain Bread	Spicy BBQ Chicken Burger served with Oven Fries Watermelon Wedge	Crispy Panko Breaded Sole Oven Roasted Potatoes Green Beans
DAYCARE & SCHOOL WEEK#4	Spaghetti with Zesty Tomato Meat Sauce Caesar Salad Or Steamed Broccoli (daycare)	Oven Roasted Chicken Drumsticks Seasonal Local Vegetables Potato Wedges	Chicken Shawarma $\frac{1}{2}$ Pita served with Lemon Parsley Rice	Meatball Sub served with Seasoned Potato Wedges Melon Slice	Garlic Chicken & Orzo served with Seasonal Local Vegetables

Always available: Hot Vegetables or Salad, Grain, West Indian Patty-Tuesday/Thursday, Pizza; Cheese or Pepperoni-Monday/Wednesday/Friday, Sandwiches; Cheese, Tuna, Egg, Yogurt Tubes, Fresh Fruit-2varities , 2% Milk 237ml, Water 300ml, 200ml Fruit Juice-Tuesday/Thursday, Chocolate Milk 237ml Wednesday.

***Fresh Seasonal LOCAL Vegetables* Offer when possible**