

## WINCHESTER NUTRITION MENU JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Each entrée is served with fresh fruit and vegetables and 2% milk</i></p> <p><i>Lactose free milk and cheese is also available</i></p> <p><i>*We only use Halal Meat products.</i></p>				
6	7	8	9	10
<p>Rigatoni Pasta with Marinara Meat Sauce</p>	<p>Grilled Cheese Pita Mini Quiches Tomatoes / Broccoli with Goat Cheese Balsamic Vinaigrette Dressed Spring Mix</p>	<p>Korean BBQ Beef with Chow Mein Noodles Sautéed Snap Peas</p>	<p>Chicken Biryani Cucumber Yogurt Salad</p>	<p>Pizza: Cheese, Chicken/Pineapple, Beef, Vegetarian (Green pepper &amp; Tomato)</p>
13	14	15	16	17
<p>Garlic infused Spaghetti with Olive Oil &amp; Herbs Garlic Toast</p>	<p>Fish Sticks &amp; Diced Potatoes with 3 Bean Salad</p>	<p>Chickpea Curry On Rice</p>	<p>Pot Roast Mashed Sweet Potatoes Green Beans</p>	<p>P.A. Day No School</p>
20	21	22	23	24
<p>Tuscan Chicken Mac &amp; Cheese Garden Salad</p>	<p>Taco Tuesdays!!!! Ground Chicken Lettuce, Salsa, Cheese</p>	<p>Beef Kebobs Pita Squares Hummus and Veggies</p>	<p>Teriyaki Chicken or Tofu Stir Fry &amp; Bean Sprout Chop Suey on Rice</p>	<p>Pizza: Cheese, Chicken/Pineapple, Beef, Vegetarian (Green pepper &amp; Tomato)</p>
27	28	29	30	31
<p>Fettuccine Bolognese Steamed Mixed Vegetables</p>	<p>Turkey or Veggie Subs Chicken Noodle Soup</p>	<p>Black Bean Chicken Rice Noodles Broccoli &amp; Cauliflower Medley</p>	<p>Jerk or BBQ Chicken Rice Pilaf &amp; Plantains</p>	<p>Pizza: Cheese, Chicken/Pineapple, Beef, Vegetarian (Green pepper &amp; Tomato)</p>

*\*There are 19 school days in the month of January. If paying by cheque, please make cheque payable to Winchester Nutrition Program.*