March Lunch Menu

Fuel Up! with Ready Maid Meals

Entrées: $5.00/$5.75
Milk (dairy or soy): $1.25
Chocolate Milk (served once a week): $1.50
Sides: $1.25 -$1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ENTRÉES * Chicken Tortellini Primavera * Veggie Tortellini Primavera (V) * Ham and Cheese Sandwich with Cauliflower and Apple Sauce (GF) SIDES * Potato Salad (GF DF V) * Blackberry Yogurt Parfait (GF V) * Orange Poppy Loaf (GF V)	3 ENTRÉES * Cream of Broccoli Soup with a Blueberry Muffin (V) * BBQ Chicken Wrap with Cucumbers and an Orange (GF) SIDES * Garden Salad with Honey Mustard Dressing (GF DF V) * Berry Yogurt Parfait (GF V) * Triple Berry Oat Bar (GF V)	4 ENTRÉES * Scrambled Eggs with Veggie Hashbrowns (GF V) * Chicken Taco Wrap with Broccoli and Honey Dew SIDES * Couscous Salad (DF V) * Apple Cranberry Cup (GF DF V) * Chocolate Chip Cereal Cookie (GF V)	5 ENTRÉES * Chicken Souvlaki with Rice and Green Beans (GF DF) * Sliced Egg Sandwich with Carrots and a Berry Cup (V) SIDES * Rotini Pasta Salad (V) * Apple Yogurt Parfait (GF V) * Lemon Loaf (GF V)	6 ENTRÉES * Butter Chicken on Rice with Green Peas (GF DF) * Butter Tofu on Rice with Green Beans (GF DF V) * Ham and Cheese Pocket with a Banana SIDES * Thai Noodle Salad (DF V) * Berry and Fruit Cup (GF DF V) * Chocolate Brownie (GF V)
9 ENTRÉES * Cheesy Beef Baked Macaroni with Roasted Carrots * Bean and Cheese Burrito Wrap with Cauliflower and Peaches (GF V) SIDES * Corn and Bean Salad (GF DF V) * Raspberry Yogurt Parfait (GF V) * Rice Crispy Square (GF V)	10 ENTRÉES * Vegetable Rice Soup with a Grilled Cheese Sandwich (V) * Turkey Sandwich with Cucumbers and Apple Sauce (GF) SIDES * Garden Salad with Ranch Dressing (GF V) * Berry Yogurt Parfait (GF V) * Zucchini Loaf (GF V)	11 ENTRÉES * Beef Chili on Rice (GF DF SP) * Veggie Chili on Rice (GF DF V SP) * BBQ Pork Wrap with Carrots and Pineapple SIDES * Potato Salad (GF V) * Fruit Cup (GF DF V) * Chocolate Chip Cereal Cookie (GF V)	12 ENTRÉES * Meatballs and Gravy on Mashed Potatoes with Green Peas * Greek Chicken Wrap with Cucumbers and Grapes * Greek Chickpea Wrap with Cucumbers ang Grapes (GF V) SIDES * Couscous Salad (DF V) * Apple Yogurt Parfait (GF V) * Banana Bread (GF V)	13 ENTRÉES * Chicken and Vegetable Chow Mien (DF) * Tofu and Vegetable Chow Mien (DF V) * Roast Beef Sandwich with Cauliflower and an Orange (GF) SIDES * Greek Pasta Salad (V) * Pineapple Cup (GF DF V) * Chocolate Brownie (GF V)

New Westminster Schools | Fuel Up! Nourishment Program

While every effort will be made to provide allergen free meals, common food allergens are all utilized in our caterer's kitchen. Cross contamination is always a possibility. If your child has severe allergies, we recommend packing a meal. If you have any questions, please email fuelup@readymaidmeals.com for more information.

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16 SPRING BREAK NO LUNCH SERVICE	17 SPRING BREAK NO LUNCH SERVICE	18 SPRING BREAK NO LUNCH SERVICE	19 SPRING BREAK NO LUNCH SERVICE	20 SPRING BREAK NO LUNCH SERVICE
23 SPRING BREAK NO LUNCH SERVICE	24 SPRING BREAK NO LUNCH SERVICE	25 SPRING BREAK NO LUNCH SERVICE	26 SPRING BREAK NO LUNCH SERVICE	27 SPRING BREAK NO LUNCH SERVICE

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30 **ENTRÉES** *** Beef Lasagna with Corn** *** Veggie Lasagna with Corn (V)** *** Tandoori Chicken Wrap with Broccoli and Cantaloupe (GF SP)** **SIDES** *** Chopped Veggie Salad with Honey Mustard Dressing (GF DF V)** *** Blueberry Yogurt Parfait (GF V)** *** Rice Crispy (GF V)**	**31** **ENTRÉES** *** Potato Corn Chowder with a Carrot Muffin (V)** *** Ham and Cheese Sandwich with Cauliflower and Apple Sauce (GF)** **SIDES** *** Garden Salad with Ranch Dressing (GF V)** *** Berry Yogurt Parfait (GF V)** *** Orange Poppy Loaf (GF V)**			

Participation in the program is voluntary. Those families choosing to participate will see 25 cents of each small meal, and 50 cents of each large meal going to support subsidies. Students who do not have reliable access to sufficient quantities of affordable and nutritious food are able to access confidential subsidies.

Entrees are Served with a Fruit and/or Vegetable of the Day

Vegetarian and Gluten Free Options Available Daily

Please see ordering website for more details: ***readymaid.ahotlunch.ca***

LEGEND

GF – GLUTEN FREE DF – DAIRY FREE V – VEGETARIAN SP – MILD, SOME CHILDREN MAY FIND SPICY

ALL ITEMS ARE NUT AND SEAFOOD FREE

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