

October 2024 -NEW WESTMINSTER MENU



Week 1	Monday 09/30	Tuesday 10/01	Wednesday 10/02	Thursday 10/03	Friday 10/04
Regular	National Day for Truth and Reconciliation Schools Closed	Panwich (Pancakes, Egg, Cheese) Syrup Fruit x2	Smiling Shepherd's Pie Peas and Corn Fruit	Turkey Hot Dog Cucumbers & Dip Ketchup Fruit	Beef Burrito Rice Bowl Sour Cream Apple Sauce
2nd Choice		Chicken Fingers (3), Whole Grain Rice, Corn Plum Sauce	Grilled Cheese on Texas Toast Veggies and Dip Ketchup Fruit	Macaroni and Cheese Cucumbers & Dip Fruit	Pancakes Yogurt Apple Sauce
Vegetarian		Panwich (Pancakes, Egg, Cheese) Syrup Fruit x2	Grilled Cheese on Texas Toast Veggies and Dip Ketchup Fruit	Veggie Hot Dog Cucumbers and Dip Ketchup Fruit	Pancakes Yogurt Apple Sauce
Halal Friendly		Halal Chicken Fingers (3), Whole Grain Rice, Corn Plum Sauce	Grilled Cheese on Texas Toast Veggies and Dip Ketchup Fruit	Halal Chicken Hot Dog Cucumbers & Dip Ketchup Fruit	Vegetarian Burrito Rice Bowl Sour Cream Apple Sauce



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Week 2	Monday 10/07	Tuesday 10/08	Wednesday 10/09	Thursday 10/10	Friday 10/11
Regular	Chicken Breast Ranch Wrap with Lettuce and Cucumber Fruit	Cheeseburger Pasta Veggies and Dip	Chicken Fried Rice with Mini Spring Roll Fruit	Spaghetti with Beef Meatballs And Tomato Sauce Fruit	Tuna Sushi Bowl with Edamame, Corn, and Carrot Mayo (NEW)
2nd Choice	Bagel with Cream Cheese Cucumber and Dip Fruit	Veggie Burger Veggies and Dip Fruit	Cheese Mini Pizza Sub x2 Fresh Veggies and Dip Fruit	Bagel and Cream Cheese with Cucumbers and Dip Fruit	Chicken Burger Veggies and Dip Ketchup Fruit
Vegetarian	Bagel with Cream Cheese Cucumber and Dip Fruit	Veggie Burger Veggies and Dip Fruit	Veggie Fried Rice with Egg and Mini Spring Roll Fruit	Spaghetti with Tomato Sauce Fruit	Vegetarian (Egg Patty) Sushi Bowl with Edamame, Corn, and Carrot Mayo (NEW)
Halal Friendly	Halal Chicken Ranch Wrap, with Lettuce and Cucumber Fruit	Veggie Burger Veggies and Dip Fruit	Cheese Mini Pizza Sub x2 Fresh Veggies and Dip Fruit	Spaghetti and Halal Beef Meatballs Fruit	Halal Chicken Burger Veggies and Dip Ketchup Fruit



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Week 3	Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
Regular	Thanksgiving Day Schools Closed	Teriyaki Chicken Noodle Bowl California Vegetables	Chicken Caesar Salad Garlic Bread	Pancakes (3) Turkey Sausage Apple Sauce	Beef Meatball Sub Fresh Veggies and Dip Fruit
2nd Choice		Tuna Salad Sandwich with Veggies and Dip Fruit	Scoobi Doo Pasta and Tomato Sauce Garlic Bread	Macaroni and Cheese with Cucumbers and Dip Fruit	Perogies Peas and Carrots Sour Cream Fruit
Vegetarian		Veggie Chicken Teriyaki Noodle Bowl California Vegetables	Scoobi Doo Pasta and Tomato Sauce Garlic Bread	Macaroni and Cheese with Cucumbers and Dip Fruit	Perogies Peas and Carrots Sour Cream Fruit
Halal Friendly		Halal Chicken Teriyaki Noodle Bowl California Vegetables	Halal Chicken Ranch Salad Garlic Bread	Macaroni and Cheese with Cucumbers and Dip Fruit	Halal Meatball Sub Fresh Veggies and Dip Fruit



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Week 4	Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
Regular	Cheese Tortellini with Cheese Sauce Veggies and Dip Fruit	Sunshine Sandwich (Egg & Cheddar) Potato Wedges Fruit	Sweet and Sour Chicken Rice Bowl California Veggies Fruit	Beefaroni Fruit	Non-Instructional Day No School
2nd Choice	Chicken Burger Veggies and Dip Fruit	BBQ Meatballs, Potato Wedges and Corn Fruit	Egg Salad Sandwich Veggies and Dip Fruit	Chicken Nuggets, Dinner Bun, Plum Sauce Veggies and Dip Fruit	
Vegetarian	Cheese Tortellini Cheese Sauce Veggies and Dip Fruit	BBQ Veggie Meatballs, Potato Wedges and Corn Fruit	Egg Salad Sandwich Veggies and Dip Fruit	"Veggieroni" Fruit	
Halal Friendly	Halal Chicken Burger Veggies and Dip Fruit	BBQ Halal Meatballs, Potato Wedges and Corn Fruit	Halal Sweet and Sour Rice Bowl California Veggies Fruit	Halal Chicken Nuggets, Dinner Bun, Plum Sauce Veggies and Dip Fruit	

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Week 5	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	
Regular	Beef Meatballs, Mashed Potatoes Corn and Gravy Fruit	Jerk Chicken with Rice and Beans (NEW) Apple Sauce	Chicken Fried Rice with Mini Spring Roll Fruit	Spooky Spaghetti and Meat Balls (Beef) Fruit	<p>**Note that October 31 is Collaboration day</p> <p>Schools will be dismissed at lunch.</p> <p>You are welcome to place orders but students will have to pick up their lunches to take home or to after school care.</p>
2nd Choice	Chicken Pasta Salad with Veggies Fruit	French Toast Apple Sauce Syrup	Cheese Mini Pizza Sub x2 Veggies and Dip Fruit	Ghoulish Grilled Cheese Veggies and Dip Fruit	
Vegetarian	Veggie Meatballs, Mashed Potatoes Corn and Gravy Fruit	French Toast Apple Sauce Syrup	Veggie Fried Rice with Egg and Mini Spring Roll Fruit	Ghoulish Grilled Cheese Veggies and Dip Fruit	
Halal Friendly	Halal Beef Meatballs, Mashed Potatoes Corn and Gravy Fruit	French Toast Apple Sauce Syrup	Cheese Mini Pizza Sub x2 Veggies and Dip Fruit	Ghoulish Grilled Cheese Veggies and Dip Fruit	



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