



October Menu Port Maitland Consolidated Elementary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 5	Truth & Reconciliation NO SCHOOL	October 1 st Soft Beef Tacos Salad toppings/salad bar	October 2 nd Chicken Noodle Soup Whole Wheat Roll	October 3 rd Spaghetti with Meat or Tomato sauce Caesar Salad/Salad	October 4 th Chicken Wrap (Ranch or Caesar) Carrot Sticks/Cucumber
WEEK 6	October 7 th Mac n Cheese Cooked Veggies (eg. broccoli)	October 8 th Sweet n Sour Meatballs with Rice, Green beans/peas	October 9 th Corn Chowder Whole Wheat Roll	October 10 th Tuna Melt Side Salad/Salad bar	October 11 th PD Day NO SCHOOL
WEEK 7	October 14 th Thanksgiving NO SCHOOL	October 15 th Beef Taco bowl with Black beans Salad toppings/salad bar	October 16 th Whole Wheat Pancakes with a piece of cheese ½ Banana or Orange	October 17 th Cheese or Veggie Pizza Side Salad/Salad bar	October 18 th Grilled cheese and Caesar salad
WEEK 8	October 21 st Picnic Plate (with Hummus)	October 22 nd Soft Beef Tacos Salad toppings/salad bar	October 23 rd Chicken Noodle Soup Whole Wheat Roll	October 24 th Goulash (with Beef) Side salad/Salad bar	October 25 th NSTU CONFERENCE NO SCHOOL

Sandwich Alternate: NOTE: Sandwiches will be served with raw veggies (eg. carrots, cucumbers, tomatoes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken or Turkey Sandwich	Roast Beef Sandwich	Grilled cheese	Chicken salad Sandwich	Tuna sandwich