





ECE school menu
OCTOBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| SEPTEMBER 30 NO SCHOOL <i>Happy Rosh Hashanah</i>  | OCTOBER 1 NO SCHOOL <i>Happy Rosh Hashanah</i>  | OCTOBER 2 NOON DISMISSAL | OCTOBER 3 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges | OCTOBER 4 Mac and Cheese OR Tuna Sub Steam brocolini Orange Wedges |
| OCTOBER 7 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit | OCTOBER 8 NO SCHOOL  | OCTOBER 9 NO SCHOOL  | OCTOBER 10 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges | OCTOBER 11 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices |
| OCTOBER 14 NO SCHOOL  | OCTOBER 15 NO SCHOOL  | OCTOBER 16 NO SCHOOL  | OCTOBER 17 NO SCHOOL  | OCTOBER 18 NO SCHOOL  |
| OCTOBER 21 NO SCHOOL  | OCTOBER 22 NO SCHOOL  | OCTOBER 23 NO SCHOOL ISRU CHAG  | OCTOBER 24 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges | OCTOBER 25 Elbow pink sauce or Tuna Sub Steamed broccoli Whole wheat roll Pear slices |
| OCTOBER 28 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit | OCTOBER 29 Cheese Pizza Or Tuna Sub Caesar salad Orange Wedges | OCTOBER 30 Arroz con pollo Sweet potatoes fries Turkey sub Green Beans Pineapple Chunks | OCTOBER 31 Spiral Pasta Alfredo OR Tuna Sub Caesar Salad Peas & Carrots Peach slices | |

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.