

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fruit Yogurt, 31 Granola</p> <p>Spaghetti & meat sauce, buns, cucumbers, milk</p> <p>Rice cakes, veggies & dip</p>	<p>Bagels, cream 1 cheese, apples</p> <p>Veggie and cheese quiche, roasted potatoes, gr. beans, milk</p> <p>Trail mix, plums</p>	<p>Cheerios, milk, 2 pears</p> <p>Shepherd's pie, salad, buns, milk</p> <p>Cheese, rice crackers, watermelon</p>	<p>Raisin toast, 3 banana</p> <p>Chicken, pasta, cooked carrots, raw veggies, milk</p> <p>Animal crackers oranges</p>	<p>Oatmeal, apples 4</p> <p>Beef/veggie/barley soup, sandwiches, peppers, milk</p> <p>Banana bread, berries</p>
<p>Closed for Labour Day</p>	<p>Cheerios, berries 8</p> <p>Pork roast, mashed potatoes ,buns, corn, milk</p> <p>Cheese, wheat thins, Apples</p>	<p>Melba toast cream 9 cheese, oranges</p> <p>Chicken/veggie quesadillas, salsa, sour cream, salad, rice, milk</p> <p>Oatmeal cookies, plums</p>	<p>Bagels, mangos 10</p> <p>Beef stew, naan bread, zucchini, milk</p> <p>Fruit Yogurt, pears</p>	<p>Eggs, toast, 11 Melon</p> <p>Salmon Nuggets, rice, corn, tomato cucumber salad, milk</p> <p>Trail mix, Bananas</p>
<p>Applesauce, 14 raisin toast</p> <p>Roasted chicken, rice, peas, corn, milk</p> <p>Graham wafers, Frozen yogurt tubes</p>	<p>Blueberry muffins,15 berries</p> <p>Broccoli & cheese quiche, pasta, peas, milk</p> <p>Cheese, raw veggies</p>	<p>Toast, plums 16</p> <p>Turkey, mashed potatoes, buns, corn, Milk, Cranberries</p> <p>Pita, hummus, cucumber</p>	<p>Banana, cheerios 17</p> <p>Chili, garlic bread, raw mushrooms & peppers, milk</p> <p>Carrot bread, melon</p>	<p>Cheese, apples 18</p> <p>French toast, berries, roasted sweet potatoes, milk</p> <p>Triscuits, cream cheese, tomatoes</p>
<p>Melba toast, 21 Cream Cheese, avocados</p> <p>Baked pork, pasta parmesan, peas, milk, raw peppers</p> <p>Yogurt & trail mix</p>	<p>Applesauce, 22 granola</p> <p>Taco Bake, Black Beans/rice/corn, salsa, Milk</p> <p>Zucchini bread, mangos</p>	<p>Oranges, raisin 23 toast</p> <p>Chicken potato bake, broccoli, bread milk</p> <p>Raw green beans melba toast, cream cheese</p>	<p>Mini wheats, milk,24 berries</p> <p>Turkey/veggie/rice soup, sandwiches, peppers, milk</p> <p>Cheese, veggies, dip</p>	<p>Banana & wow 25 butter wraps</p> <p>Meatballs, rice cooked carrots, green beans, milk</p> <p>Yogurt, trail mix</p>
<p>Oatmeal/apples 28 & raisins</p> <p>Scrambled Eggs, roasted potatoes, peas, milk</p> <p>Plums & English Muffins</p>	<p>Avocado, Bagels 29</p> <p>Tomato macaroni soup, grilled cheese, cucumbers, milk</p> <p>Oatmeal Cookies & apples.</p>	<p>Cornflakes, milk 30 Pears</p> <p>Salmon nuggets, roasted potatoes, mixed veggies, milk</p> <p>Granola & Applesauce</p>	<p>English Muffins 1 Wow butter</p> <p>Chicken/Veggie Quesadillas, milk, peppers, rice,</p> <p>Bananas, rice crackers</p>	<p>Yogurt, & berries 2</p> <p>Beefaroni, raw green beans, cooked carrots, Milk</p> <p>Plums, Melba toast & cheese chunks</p>

