**Sambro Elementary School**

**Hot Lunch Menu**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_ Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(V) indicates meals that are meat free or have a meat free option

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | **Description** | **Regular** | **Notes** |
| Week 1 | May 15-19 | **Monday** | Pancakes and fruit |  | (V) |
| **Tuesday** | Chicken Fingers with veggies and dip |  |  |
| **Wednesday** | Cheese Quesadillas**Option:** BBQ Chicken **or** just cheese |  | (V) **\*** Note there are only **2 options** for this day |
| **Thursday** | Poutine - Fries, brown gravy and cheese curds |  | (V) |
| **Friday** | Cheese pizza - Mishoos |  | (V) |
|  |  |  |  |  |  |
| Week 2 | May 22-26  | **Monday** | NO SCHOOL | -- |  |
| **Tuesday** | Hamburger Soup |  |  |
| **Wednesday** | **Choice:** Hamburger **or** Cheeseburger **or** Veggie burger, and side veggies |  | (V) |
| **Thursday** | Picnic plate - Sliced meats, salads, veggies **Option**: veg meat  |  | (V) |
| **Friday** | Cheese pizza - Mishoos |  |  |
|  |  |  |  |  |  |
| Week 3 | May 29- June 2 | **Monday** | Honey garlic meatballs, buttered noodles, veg |  |  |
| **Tuesday** | Spaghetti with sauce and garlic bread**Choice:** Meat sauce **or** veg sauce |  | (V) |
| **Wednesday** | BBQ Chicken Nachos, served with side sauces |  | (V) |
| **Thursday** | Sweet and sticky chicken with coconut rice and veggies **Option:** Tofu instead of chicken |  | (V) |
| **Friday** | SCHOOL TRIP - NO LUNCH | -- |  |
|  |  |  |  |  |  |
| Week 4 | June 5-9 | **Monday** | French Toast and fruit |  | (V) |
| **Tuesday** | Macaroni and Cheese, side veg |  | (V) |
| **Wednesday** | BLTs and fruit |  | (V) |
| **Thursday** | Garlic butter haddock, rice, veggies |  |  |
| **Friday** | Cheese pizza - Mishoos |  | (V) |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  Turn Over for week 5 🡪 🡪  |  |  |
|  |  |  |  |  |  |
| Week 5 | June 12-16 | **Monday** | Bagels with cream cheese and fruit**Choice**: Smoked salmon or no salmon |  | (V) |
| **Tuesday** | FIELD DAY - FREE BBQ | -- | (V) |
| **Wednesday** | Grilled Cheese and Fruit |  | (V) |
| **Thursday** | Chicken Shawarma plate - Chicken, hummus, pita, Greek salad, rice |  | (V) |
| **Friday** | Cheese pizza - Mishoos |  | (V) |
| **TOTAL ORDERED (add # of orders)** |  | PLEASE RETURN |
| **COST PER ORDER** | $3.25 | THIS SHEET TO  |
| **LESS DEDUCTION reason:**  |  | THE SCHOOL |
| **TOTAL DUE** |  |  |
| **Confirmation # of Online Payment** |  |  |

The Kitchen will be closing for the year on June 16th. Thanks for supporting our lunch program and all of the kitchen volunteers who make it possible!