

MHES Cafeteria Menu

May 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1	Pasta and Rosé Sauce	2	Sweet and Sour Meatballs on Rice	3	BBQ Chicken Drumsticks & Macaroni Salad	4	Grilled Cheese and Crudités	5	Pepperoni or Cheese Pizza	6	
7		8	Tortellini and Tomato Sauce	9	Cheesy Mexican Rice Casserole	10	Shepherd's Pie	11	Chicken Quesadillas and Crudités	12	Pepperoni or Cheese Pizza	13	
14		15	Chinese Macaroni	16	Pizza Bagels and Salad	17	Sausage, Potato and Vegetable Bake	18	Grilled Cheese and Crudités	19	Pepperoni or Cheese Pizza	20	
21		22	VICTORIA DAY- NO SCHOOL	23	Pasta Primavera	24	Vegetarian Chili and Rice	25	Pepperoni or Cheese Pizza	26	PED DAY- NO SCHOOL	27	
29		30	Spaghetti and Meat Sauce	31	Chicken Caesar Wrap								

Fresh Homemade Soups, Salads and Sandwiches also available every day!

Meal (Hot Lunch, Milk or Juice, Dessert) \$6.50 Lunch Card (5 Meals) \$30.00

All meals must be paid at the cafeteria or pre-paid. No credit will be given

Cash or e-transfer to angiekowalyk@gmail.com password: lunch