

MHES Cafeteria Menu

June 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1 Grilled Cheese and Crudités		2 CAFETERIA CLOSED		3	
4		5 Tortellini and Rosé Sauce		6 Moroccan Vegetable Tagine on Couscous		7 Beef and Bean Tacos		8 Teriyaki Chicken On Rice		9 Pepperoni or Cheese Pizza		10	
11		12 Mac 'n Cheese and Broccoli		13 Meatball Subs with Salad		14 Chickpea and Vegetable Curry on Rice		15 Grilled Cheese and Crudités		16 Pepperoni or Cheese Pizza		17	
18		19 CAFETERIA		20 CLOSED		21 Have a great summer!!!!		22		23		24	

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

