

# MHES Cafeteria Menu

## October 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Pasta and Rosé Sauce	3	Baked Ham and Potatoes	4	Shepherd's Pie	5	Cheesy Mexican Casserole	6	Pepperoni or Cheese Pizza	7	
8		9	Thanksgiving – NO SCHOOL	10	Tortellini and Tomato Sauce	11	Baked Fish, Rice and Peas	12	Grilled Cheese and Crudités	13	Ped Day- NO SCHOOL	14	
15		16	Spaghetti and Meat Sauce	17	Pizza Bagels and Salad	18	Beef and Bean Tacos	19	Chicken Fried Rice	20	Pepperoni or Cheese Pizza	21	
22		23	Mac 'n Cheese and Broccoli	24	Sweet and Sour Meatballs on Rice	25	Pierogies and Sausage	26	Grilled Cheese and Crudités	27	Pepperoni or Cheese Pizza	28	
29		30	Moroccan Vegetable Stew	31	Halloween! Bats and Eyeballs								

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](mailto:angiekowalyk@gmail.com) password: lunch