

MHES Cafeteria Menu

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Labour Day-NO SCHOOL	5 Spaghetti and Meat Sauce	6 Chicken Caesar Salad Wraps	7 Grilled Cheese and Crudités	8 Pepperoni or Cheese Pizza	9
10	11 Mac 'n Cheese and Broccoli	12 Teriyaki Chiicken and Rice Casserole	13 Baked Fish with Rice and Peas	14 Mini Meatball Subs with Pasta Salad	15 Pepperoni or Cheese Pizza	16
17	18 Baked Penne With Sausage	19 Pizza Bagels with Salad	20 Chicken Pot Pie	21 Grilled Cheese and Crudités	22 Ped Day-NO SCHOOL	23
24	25 Creamy Pasta Primavera	26 Vegetarian Chili on Rice	27 Burgers with Potato Wedges or Caesar Salad	28 Chicken Curry with Naan Bread	29 Pepperoni or Cheese Pizza	30

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