




October 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
SWEET & SOUR CHICKEN WHITE RICE STEAM VEGETABLES		SPAGHETTI MEATBALLS STEAM CARROTS SALAD		CHICKEN ENCHILADA FRUIT CUP GREEN SALAD		STEW CHICKEN YELLOW RICE FRIED PLANTAIN SALAD		HOT DOG (OR) SANDWICH	
9		10		11		12		13	
CHILI WHITE RICE TOSS SALAD FRUIT CUP		BEEF & NOODLE VEGETABLES		CURRY CHICKEN WHITE RICE VEGETABLE		CHICKEN SOUP (OR) CHICKEN CAESAR SALAD		PIZZA	
16		17		18		19		20	
STEW CHICKEN WHITE RICE VEGETABLES FRUIT CUP		TACO SALAD		CHICKEN ALFREDO SALAD		CHILI FRIES TOSS SALAD		NO SCHOOL ON Friday	
23		24		25		26		27	
 <h2>School Break</h2>									
30		31							
SPAGHETTI MEATSAUCE GARLIC BREAD TOSS SALAD		BBQ CHICKEN RICE & BEANS CORN ON THE COBB SALAD							