

Week 1: MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
From the Kettle... Chicken Veggie Noodle	From the Kettle... Tomato Vegetable	From the Kettle... Chicken Rice	From the Kettle... Corn Chowder	From the Kettle... Beef Vegetable
HEALTHY CHOICE ✓ Pineapple Chicken, Veggie Brown Rice, Asian Stir-Fried Veggies, Milk	HEALTHY CHOICE ☺ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk	HEALTHY CHOICE Roasted Chicken, Veggie rice, Warm flat bread, Milk	HEALTHY CHOICE ☺ Mexican Taco Bake Tossed Garden Salad Milk	HEALTHY CHOICE ☺ Creamy Chicken Pasta Tossed Garden Salad, Milk
Week 2:				
HEALTHY CHOICE Homemade Meatloaf, Smashed Potatoes, Carrots, Milk	HEALTHY CHOICE ✓ Grilled Beef Stir-Fry, Steamed rice Milk	HEALTHY CHOICE ✓ Glazed Baked Ham, Smashed Potato, Veggies, Milk	HEALTHY CHOICE ✓ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk	HEALTHY CHOICE ✓ Baked & Seasoned Chicken Leg, Smashed Potato and Veggies Milk
Week 3:				
HEALTHY CHOICE ✓ Whole Wheat Spaghetti, Lean Meat or Tomato Sauce, Garlic Roll, Milk	HEALTHY CHOICE Pineapple Chicken, Veggie Brown Rice, Asian Stir-Fried Veggies, Milk	HEALTHY CHOICE Homemade Goulash, Fresh Garden Salad, Milk	HEALTHY CHOICE Mexican Chicken Enchiladas and Rice, Milk	HEALTHY CHOICE ☺✓ Roasted Chicken, Smashed Potato, Corn, Milk
Week 4:				
HEALTHY CHOICE Homemade Chicken Pot Pie, Milk	HEALTHY CHOICE ☺ Zesty Italian or Veggie Lasagna, Caesar Salad, Milk	HEALTHY CHOICE Grilled Chicken Stir-Fry, Steamed rice Milk	HEALTHY CHOICE ☺ Traditional Shepherd's Pie, Fresh Garden Salad, Milk	HEALTHY CHOICE Creamy Chicken Pasta Tossed Garden Salad, Milk
FEATURE MEAL ☺ Every Monday	FEATURE MEAL ☺ Every Tuesday	FEATURE MEAL ☺ Every Wednesday	FEATURE MEAL ✓ Every Thursday	FEATURE MEAL ☺ Every Friday
Chopped Chicken Burger, <u>or</u> Shaved Beef on a Bun, Potato Wedges & Veggies (rotates weekly)	Turkey Pepperoni Panzarotti, Fresh Garden Salad	Soft Beef Tacos, Veggie Rice	Chicken Salad Sandwich <u>or</u> Ham & Cheese Sandwich, Soup <u>or</u> Salad (rotates weekly)	Tex-Mex Chicken Fajitas, Oven-Roasted Potatoes, Veggies & Dip

☺ = A la carte any smiley-face-meal! ✓ = Ingredients used are sourced within/in 100 miles of Atlantic Canada
 * Vegetarian meals are always available, please ask the cafeteria manager.

Week 1	Week 2	Week 3	Week 4
Sept. 1-4, Oct. 5-9, Nov. 2-6, Nov.30-Dec4, Jan. 4-7, Feb. 1-5, Mar. 1-5, April 26-30, May 24-28, June21-25	Sept. 1-4, Oct. 12-16, Nov.9-13, Dec. 7-11, Jan. 11-14, Feb. 8-12, Mar.8- 12, April5-9, May 3-7,May 31- June 4	Sept. 1-4, Oct. 19-23, Nov. 16-20, Dec. 14-18, Jan. 18-22, Feb. 15-19, Mar. 15-19, April 12-16, May 10-14, June 7-11	Sept. 1-4, Oct. 26-30, Nov. 23-27, Dec. 21-25, Jan. 25-29, Feb. 22-26, Mar. 22-26, April 19-23, May 17-21, June 14-18



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Healthy Meal Plan: Buy online at: www.chadwickfoods.com, or by cheque. The meal plan may be purchased weekly or monthly. Please make cheque payable to: Chadwick Food Service. See the Cafeteria Manager for details on meal plan purchase. Unused tickets/meals are valid until the end of the current school year. Non-consecutive days are allowed. *Purchase 5 or more meals and receive a 20 cent discount per meal, when the plan is purchased weekly / monthly.* Menu dates as per meal served, are subject to change. Please contact cafeteria manager for meal/date confirmation.

Healthy Choice Menu: Variations may occur due to differences in suppliers, ingredients substitutions, recipe revisions, meal assembly at the cafeteria, and/or seasons of the year. Certain menu items may not be available at all locations. We encourage anyone with food allergies, sensitivities or special dietary needs to contact/notify the cafeteria manager. We will work with you the very best we can. Chadwick Food Service Management Inc. and its employees do not assume responsibility for a particular allergy or sensitivity to any foods provided in any of our cafeterias.