

Welcome Windebank!!

Mission: May 1 to May 31, 2024



Week 1	Mon 04/29	Tuesday 04/30	Wed 05/01	Thurs 05/02	Fri 05/03
Regular	Panwich (egg + cheddar) Syrup Fruit	No Service	Meatball Tator Tot Poutine Fresh Cucumbers and Dip	No Service	Chicken Fingers, Rice and Corn Plum Sauce
2nd Choice	Chicken Fried Rice Mini Spring Roll Plum Sauce		Deli Turkey & Cheese Bagel Melt Fresh Cucumbers and Dip		Grilled Cheese Sandwich Fresh Veggies and Dip Ketchup
Vegetarian	Veggie Fried Rice with Egg Mini Spring Roll Plum Sauce		Tomato & Cheese Bagel Melt Fresh Cucumbers and Dip		Grilled Cheese Sandwich Fresh Veggies and Dip Ketchup
Halal Friendly	Halal Chicken Fried Rice Mini Spring Roll Plum Sauce		Halal Meatball Tator Tot Poutine Fresh Cucumbers and Dip		Halal Chicken Fingers, Rice and Corn Plum Sauce
Week 2	Mon 05/06	Tuesday 05/07	Wed 05/08	Thurs 05/09	Fri 05/10
Regular	Beefaroni	No Service	Chicken Teriyaki Rice Bowl with California Vegetables	No Service	French Toast Yogurt Apple Sauce Syrup
2nd Choice	Turkey Hot Dog Fresh Apple Slices Ketchup		Macaroni and Cheese Cucumbers and Dip		Chicken Nuggets with Bun Fresh Veggies and Dip Plum Sauce
Vegetarian	Veggie Hot Dog Fresh Apple Slices Ketchup		Macaroni and Cheese Cucumbers and Dip		French Toast Yogurt Apple Sauce Syrup
Halal Friendly	Halal Chicken Hot Dog Fresh Veggies and Dip Ketchup		Halal Chicken Teriyaki Rice Bowl with California Vegetables		Halal Chicken Nuggets with Bun Fresh Veggies and Dip Plum Sauce

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Week 3	Mon 05/13	Tuesday 05/14	Wed 05/15	Thurs 05/16	Fri 05/17
Regular	Topsy Turvy Pasta (ground beef) topped with Mozzarella Cheese	No Service	Honey Garlic Chicken Thigh Rice Peas and Carrots	No Service	Pro D Day
2nd Choice	Bagel with Cream Cheese Cucumbers and Dip		Sunshine Burger (egg + cheddar) Fresh Apple Slices Ketchup		
Vegetarian	Veggie Topsy Turvy Pasta (veggie ground round) topped with Mozzarella Cheese		Sunshine Burger (egg + cheddar) Fresh Apple Slices		
Halal Friendly	Bagel with Cream Cheese Cucumbers and Dip		Halal Honey Garlic Chicken Thigh Rice Peas and Carrots		
Week 4	Mon 05/20	Tuesday 05/21	Wed 05/22	Thurs 05/23	Fri 5/24
Regular	Victoria Day No Service	No Service	Chicken Parmesan Pasta	No Service	Sweet and Sour Meatballs Rice Bowl with Corn
2nd Choice			Grilled Cheese Sandwich Ketchup Fresh Veggies and Dip		Cheeseburger Pasta Fresh Veggies and Dip
Vegetarian			Rotini and Tomato Sauce topped with Mozzarella Cheese		Veggie Ground Cheeseburger Pasta Fresh Veggies and Dip
Halal Friendly			Grilled Cheese Sandwich Ketchup Fresh Veggies and Dip		Halal Sweet and Sour Meatballs with Rice and Corn

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Week 5	Mon 05/27	Tuesday 05/28	Wed 05/29	Thurs 05/30	Fri 05/31
Regular	Chicken Fried Rice Mini Spring Roll Plum Sauce	No Service	Nacho Casserole (ground turkey) with Corn	No Service	Spaghetti Bolognese (ground beef)
2nd Choice	Cheese Quesadilla Sour Cream Fresh Apple Slices		Chicken Burger Fresh Veggies and Dip Ketchup		Chicken Breast Ranch Wrap made with lettuce and cucumbers
Vegetarian	Veggie Fried Rice with Egg Mini Spring Roll Plum Sauce		Nacho Casserole (black bean) with Corn		Spaghetti and Tomato Sauce
Halal Friendly	Veggie Fried Rice with Egg Mini Spring Roll Plum Sauce		Halal Chicken Burger Fresh Veggies and Dip Ketchup		Spaghetti and Tomato Sauce