



Parkview School - School year 2017-2018



		<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Week 1		Soup of the day.				
Sep. 4 Oct. 16 Nov. 27 Jan. 21	Mar. 12 Apr. 23 Jun. 04	Pork Roast Vegetables Yellow Potatoes	Meatball stew Vegetables Mashed Potatoes	Chicken Burgers Salad Oven baked fries	Fajitas Mexican corn Nachos	Spaghetti Salad Garlic bread
Week 2		Soup of the day.				
Sep. 11 Oct. 23 Nov. 04 Jan. 29	Mar. 19 Apr. 30 Jun. 11	Ham & Cheese Macaroni Vegetables -	Fish sticks, tartar sauce Vegetables Potatoes	BBQ Chicken Legs Creamy coleslaw Seasoned potatoes	Shepherd's Pie Salad -	Homemade Pizza Salad -
Week 3		Soup of the day.				
Sep. 18 Oct. 30 Dec. 11 Feb. 05	Mar. 26 May 07 Jun. 18	Meat Pie Vegetables -	Soup Meal (chef's choice) - Bread & Cheese	Pulled Pork Vegetables Flat bread	Lasagna Salad -	Chicken Fingers Vegetables Seasoned potatoes
Week 4		Soup of the day.				
Sep. 25 Nov. 06 Dec. 18	Feb. 12 Apr. 02 May 14	Chicken à la King Salad Patty shells	Tuna Casserole Salad -	Mexican Pie Salad -	Hot Chicken Peas Oven baked fries	Meatloaf Salad Mashed potatoes
Week 5		Soup of the day.				
Oct. 02 Nov. 13 Jan. 08	Feb. 19 Apr. 09 May 21	Salmon Pie Vegetables Egg sauce	Chinese Plate Vegetables Rice	Bourguignon Beef Carrots Pasta	Chicken Lasagna Salad -	Souvlakis, with Tzatziki Salad Greek Potatoes
Week 6		Soup of the day.				
Oct. 9 Nov. 20 Jan. 15	Feb. 26 Apr. 16 May 28	Pot Roast Vegetables Mashed Potatoes	Soup Meal (chef's choice) - Bread & Cheese	Chicken Pie Salad -	Macaroni Salad -	Hamburger Steak Vegetables Mashed potatoes
DESSERTS		Everyday, choice of dessert is included with the full meal: fruit-based, milk-based and/or grain-based desserts				
DRINKS		Milk, chocolate milk, V8, water or 100% pure fruit juice				

Full meal price
\$5.00

The **RED** card: 11 meals
\$50.00 (1 FREE)

À la carte

- meal plate: \$4.50
- soup: \$1.00
- cheese: \$0.50
- bread: \$0.50
- dessert: \$0.50
- milk: \$0.75
- chocolate milk: \$0.75
- juice, water: \$0.50
- frozen bars: \$0.50
- fruits: \$0.50

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The cook

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The meal can be replaced with a plate of salad or a choice of sandwich (chicken, ham or tuna) with raw vegetables.