



Parkview School - School year 2020-2021



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1		Soup of the day.				
Aug. 31 Oct. 12 Nov. 23 Jan. 18	Mar. 08 Apr. 19 May 31	Maple Ham Vegetables Potatoes	Chicken Burger Salad Oven baked fries	Meat Pie Vegetables -	Fajitas Mexican corn Nachos	Pasta Bar Salad -
Week 2		Soup of the day.				
Sep. 07 Oct. 19 Nov. 30 Jan. 25	Mar. 15 Apr. 26 Jun. 7	Caesar Salad with Chicken	Ham & Cheese Macaroni Vegetables -	Mexican Pie Salad	Shepherd's Pie Salad -	Chicken Fingers Salad Seasoned Potatoes
Week 3		Soup of the day.				
Sep. 14 Oct. 26 Dec. 7 Feb. 01	Mar. 22 May 03 Jun. 14	Teriyaki Chicken - Rice	Tacos Tuesday Salad	Macaroni Salad	BBQ Chicken Leg Coleslaw Seasoned Potatoes	Homemade Pizza Salad
Week 4		Soup of the day.				
Sep. 21 Nov. 02 Dec. 14 Feb. 08	Mar. 29 May 10 Jun. 21	Chicken Vol-au-Vent Salad -	Fish Sticks Vegetables Baked Potatoes	Pulled Pork Salad Naan Bread	Spaghetti Salad Garlic Bread	Meatloaf Vegetables Potatoes
Week 5		Soup of the day.				
Sep. 28 Nov. 09 Dec. 21 Jan. 04	Feb. 15 Apr. 05 May 17	Sausages Vegetables Potatoes	Meatball Stew Vegetables Potatoes	Chicken Pot Pie Salad -	Quesadillas Salad -	Lasagna Salad -
Week 6		Soup of the day.				
Oct. 05 Nov. 16 Jan. 11	Feb. 22 Apr. 12 May 24	Salmon Pie Vegetables Egg Sauce	Meal Soup Bread & Cheese	Hamburger Steak Vegetables Mashed Potatoes	Chicken Lasagna Salad -	Souvlakis, with tzatziki Salad Greek Potatoes
DESSERTS		Everyday, choices of desserts are included with the full meal: fruits-based, milked-based and/or grain-based desserts				
DRINKS		Milk, Chocolate milk, V8, water or 100% pure fruit juice included				

Full meal price

\$6.00

The RED card: 11 meals

\$60.00 (1 FREE)

À la carte

meal plate: \$5.00

soup: \$1.50

dessert: \$0.75

milk: \$0.75

chocolate milk: \$0.75

juice: \$0.75

frozen bars: \$0.75

fruits: \$0.75

CHRISTINE BEAULIEU

The cook

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



Follow The Red Bowl cafeteria on Facebook to be aware of what your child eat

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