



Parkview School - School year 2022 - 2023



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1		Soup of the day.				
Aug. 29 Oct. 10 Nov. 28 Jan. 23	Mar. 13 Apr. 24 Jun. 05	Tofu General TAO - Rice	Mexican Pie Salad -	Souvlakis, with tzatziki Salad Greek Potatoes	Shepherd's Pie Salad -	Chicken Lasagna Salad -
Week 2		Soup of the day.				
Sep. 05 Oct. 17 Dec. 05 Jan. 30	Mar. 20 Mai 01 Jun. 12	Caesar Salad with Chicken -	Meat Pie Vegetables -	Tandoori Chicken Leg Vegetables Rice	Macaroni Salad -	Homemade Pizza Salad
Week 3		Soup of the day.				
Sep. 12 Oct. 24 Dec. 12 Feb. 06	Mar. 27 May 08 Jun. 19	Hamburger Stew - Potatoes	Chicken Pot Pie Salad -	Ham Vegetables Potatoes	Spaghetti Salad Garlic Bread	Fajitas Mexican corn Nachos
Week 4		Soup of the day.				
Sep. 19 Oct. 31 Dec. 19 Jan. 02	Feb. 13 Apr. 03 Mai 15	Salmon Pie Vegetables Egg Sauce	Chicken Fingers Salad Seasoned Potatoes	Ham & Cheese Macaroni Vegetables -	Meatball Stew Vegetables Potatoes	Pork Roast Vegetables Potatoes
Week 5		Soup of the day.				
Sep. 26 Nov. 07 Jan. 05	Feb. 20 Apr. 10 May 22	Chicken Burger Salad Oven baked fries	Tacos Tuesday Salad -	Chicken Vol-au-Vent Salad -	Hamburger Steak Vegetables Mashed Potatoes	Pasta Bar Salad -
Week 6		Soup of the day.				
Oct. 03 Nov. 21 Jan. 16	Mar. 06 Apr. 17 May 29	Quiches Salad -	Sausages Vegetables Potatoes	Fish Sticks Vegetables Baked Potatoes	Lasagna Salad -	Quesadillas Salad -
DESSERTS		Everyday, choices of desserts are included with the full meal: fruits-based, milked-based and/or grain-based desserts				
DRINKS		Milk, Chocolate milk or 100% pure fruit juice included				

Full meal price
\$6.00

RED CARD: \$60,00
11 MEALS = 1 FREE

À la carte

- meal plate: \$5,00
- soup: \$2,00
- dessert/snack: \$1,00
- milk: \$1,00
- chocolate milk: \$1,00
- juice: \$1,00
- frozen bars: \$1,00
- fruits: \$1,00

CHRISTINE BEAULIEU

The cook

579.488.8877

thecook@theredbowl.ca

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



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