



Parkview School - School Year 2023 - 2024



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1		Soup of the day.				
Sep. 04 Oct. 16 Nov. 27 Jan. 22	Mar. 11 Apr. 22 Jun. 03	Tuna Shells - -	Meat Pie Vegetables -	Chicken Vol-au-Vent Salad -	Fajitas Mexican corn Nachos	Spaghetti Salad Garlic Bread
Week 2		Soup of the day.				
Sep. 11 Oct. 23 Dec. 04 Jan. 29	Mar. 18 Apr. 29 Jun. 10	Soup Meal Curd Cheese Bread	Chicken Pot Pie Salad -	Ham Vegetables Potatoes	Macaroni Salad -	Homemade Pizza Salad
Week 3		Soup of the day.				
Sep. 18 Oct. 30 Dec. 11 Feb. 05	Mar. 25 May 06 Jun. 17	Fish Sticks Vegetables Baked Potatoes	Tacos Tuesday Salad -	Ham & Cheese Macaroni Brocolis -	Souvlakis, with tzatziki Salad Greek Potatoes	Meatloaf Vegetables Potatoes
Week 4		Soup of the day.				
Sep. 25 Nov. 06 Dec. 18	Feb. 12 Apr. 01 Mai 13	Tofu General TAO Brocolis Rice	Mexican Pie Salad -	Chicken Burger Salad Oven baked fries	Chicken Lasagna Salad -	Shepherd's Pie Salad -
Week 5		Soup of the day.				
Oct. 02 Nov. 13 Jan. 08	Feb. 19 Apr. 08 May 20	Salmon Pie Vegetables Egg Sauce	Hamburger Steak Vegetables Mashed Potatoes	Chicken Fingers Salad Seasoned Potatoes	Quesadillas Salad -	Pasta Bar Salad -
Week 6		Soup of the day.				
Oct. 09 Nov. 20 Jan. 15	Feb. 26 Apr. 15 May 27	Quiches Salad -	Hamburger Stew - Potatoes	Sausages Vegetables Potatoes	Tandoori Chicken Leg Vegetables Rice	Lasagna 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
\$6.50

RED CARD: \$65.00
10 MEALS

À la carte

- Meal plate: \$5,50
- Soup: \$2,00
- Dessert/Snack: \$1,00
- Milk: \$1,00
- Chocolate milk: \$1,00
- Juice: \$1,00
- Frozen bar: \$1,00
- Fruit: \$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 sandwiches (chicken, ham, tuna or egg) with vegetables and/or salad.



Follow The Red Bowl cafeteria on

Facebook to keep informed

* Click on the icon to go to our Facebook page

