

HERITAGE ELEMENTARY CAFETERIA MENU 2021-2022

All meals include milk or juice, a soup and dessert.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Sept 1 • Oct 4 • Nov 8 • Dec 13 • Jan 24 • Mar 7 Apr 11 • May 16	Baked Mac & Cheese Salad Garlic Bread	Chicken Wrap Macaroni Salad Veggie Sticks	Pizza Sub Chips v vegetable sticks	Pancakes & Sausages	Lasagna Salad Garlic bread
WEEK 2 Sept 6 • Oct 11 • Nov 15 • Dec 20 • Jan 31 • Mar 14 Apr 18 • May 23	Turkey Wrap Couscous Vegetable Sticks	Fish Stick Rice Vegetable	Sausages Mashed Potatoes Vegetables	Croissant Sandwich Macaroni Salad Vegetable Sticks	Sloppy Joes Potato Wedges Vegetable Sticks
WEEK 3 Sept 13 • Oct 18 • Nov 22 Jan 3 • Mar 21 • Apr 25 • May 30	Chili Corn Chips Vegetable Sticks	Meatballs Mashed Potatoes Vegetables	Chicken Broccoli Bake Salad Garlic Bread	Quesadillas Rice Vegetable Sticks	Grilled Cheese Potato Wedges Vegetable Sticks
WEEK 4 Sept 20 • Oct 25 • Nov 29 Jan 10 • Feb 14 • Mar 28 • May 2	Spaghetti Salad Garlic Bread	Chicken Fingers Rice Vegetables	Pancakes Fruit Salad Cheese Stick	Hamburger Steak Mashed Potatoes Vegetables	Pizza Chips Vegetable Sticks
WEEK 5 Sept 27 • Nov 1 • Dec 6 Jan 17 • Feb 21 • Apr 4 • May 9	Beef Macaroni Salad Garlic Bread	Tacos Rice Vegetable Sticks	Chicken Burger Macaroni Salad Vegetable Sticks	Ham Mashed Potatoes Vegetables	Shepherd's Pie Salad

À la carte - Grilled Cheese \$4⁰⁰- available Mondays, Wednesdays, and Fridays

\$6⁰⁰ per meal

\$25⁰⁰ /5-Day Meal Card

Extras

main meal\$2.00
juice or milk\$.50
dessert\$.75
soup\$1.00

Payment

- By cheque payable to Sherie McLean
- e-transfer sheriemclean@hotmail.com