



October 2021

Secondary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
				Special plate
6	7	8	9	10
Beef with Tomato Sauce with Basil (H) or Cheese Sauce (v) Whole Grain Pasta Green Salad	Roasted Turkey Slices with gravy Mashed Potatoes Green Beans	Cordon Bleu /chicken with gravy Cooked potatoes Mixed Vegetables	Chicken Drumsticks with gravy or Brown Rice Broccoli	Special plate
13	14	15	16	17
Beef with Bolognese Sauce (H) or Cheese Sauce (v) Whole Grain Pasta Mixed Salad	Chicken Schnitzel with gravy or Brown Rice Peas and Carrots	Fish Schnitzel Fish sauce or Mashed Potatoes Broccoli	Chicken Teriyaki or Noodles Green Beans	Special plate
20	21	22	23	24
VACATION	VACATION	VACATION	VACATION	VACATION
27	28	29	30	
TEACHER WORK DAY	Beef with Napoli sauce or Cheese Sauce (v) Whole Grain Pasta Mixed Salad	Beef in Tex Mex Taco or Tex Mex vega Tex mex Rice Corn Yoghurt/Fresh Fruit	Beef Meatballs Meat Sauce Mashed Potatoes Green Beans	Special plate

(H): halal option; (V) vegetarian option; Pasta: whole wheat