



September 2021

Secondary School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
Beef in Napoli sauce Whole Grain Pasta Cucumber / Carrot Sticks	Chicken Meatball with gravy Mashed Potatoes Green Beans	Fish Stick with Fish sauce or Cooked potatoes Paris Carrot	Sweet Thai Chicken or Noodles and crackers Mixed Vegetables	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 with Fish sauce or Mashed Potatoes Broccoli	Chicken Teriyaki or Noodles Green Beans	Special plate
20	21	22	23	24
chicken Tomato Sauce (H) Cheese Sauce (v) Whole Grain Pasta Cucumber / Carrot Sticks	Chicken Oriental (H) with gravy or Silvery Rice Green Beans	Swedish Meatballs or Cooked potatoes Peas and Carrots	Beef Sausage Mashed Potatoes Broccoli	Special plate
27	28	29	30	
Beef with Napoli sauce or Cheese Sauce (v) Whole Grain Pasta Mixed Salad	Chicken Sausage(H) with gravy Silvery Rice Carrots	Fish Stick with Fish sauce Baked Potato slices Mixed Vegetables	Roasted Turkey Slices Meat Sauce Mashed Potatoes Green Beans	