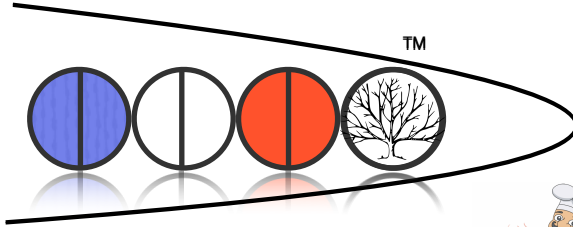


TETIDOCH DISTRIBUTION
514.575.0388



Terry Fox
Elementary School

OCT. MENU 2018



LUNCH MENU CHOICE GUIDE

We offer students additional choices apart from Full Meal indicated on the Menu below. You may choose a Meal replacement from the following items below, indicate corresponding no.# on the order sheet provided. Please review menu for items below that are subject to change monthly. Thank you

#1-Main Meal #2-Chicken Salad #3-Chicken Wrap #4-Tuna Wrap #5-Tomato Pizza #6-Sandwich
7 Grilled Cheese Please be advised that all meals must be ordered in advance

All meals are counted and registered before so therefore please be advised if student is absent you may contact us before meal day or unforeseen absents before 9am so that the meal is not prepared. We need to be advised 2 weeks before any school outing concerning replacement meal or cancellation.

We would like to inform you that we do not honour unscheduled, unforeseen school closures. We distribute what we can to soup kitchens & shelters

Thank you

Munchies

Assorted snacks will be available everyday, Yogurt, Fruit, milk, muffins etc... a price list is posted at the lunch counter, prices will vary from .50 cts - 1.50

Small Cesar/Green salad \$2.25
Large Cesar/Green Salad \$3.75
Chicken/Tuna Salad w/Drink \$5.25
Assorted Sandwiches \$2.75
Soup \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 PED DAY 	2 Golden Chicken Nugget Meal Vegetable Dessert	3 Mexican Chicken Fajita Meal & Pineapples	4 Garlic Fusuli Mozzarella Cheese Stick Fruit	5 Beef burger on a bun Homemade Coleslaw Dessert
8 PED DAY 	9 Spaghetti / Meatballs Bread /Butter Dessert	10 Italian Sausages Potatoes/Veggies & Dessert	11 Cheese Pizza Mixed Vegetable Salad Mini muffin	12 Chinese Macaroni Vegetable Eggroll Plum Sauce Fortune Cookie
15 Ham Steak with Potatoes/Corn Fruit	16 Penne Pasta Homemade Sauce Bread/butter Dessert	17 Chicken Souvlaki Greek Salad Vegetable Rice Dessert	18 Chicken Burger Macaroni Salad & Dessert	19 Bagelwich Bacon & Cheese Vegetable Soup Cookie
22 Chicken a la King Vol au Vent Rice Dessert	23 Chicken Twister Wrap Carrot Salad Pears	24 Hot Bagel Cream Cheese Chicken Noodle Soup Granola Bar	25 Pasta Alfredo Sauce Bread/Butter Fruit	26 PED DAY