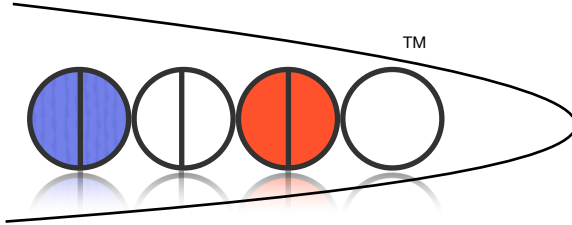


TETIDOCH DISTRIBUTION
514.575.0388

Terry Fox
Elementary School

OCT. MENU 2017



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 Wraps #4-Tuna Wrap #5-Tomato Pizza #6-Sandwich

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 shelters and soup kitchens

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
2	3	4	5	6
Chicken Twister Cucumber Slices Fruit Salad	Veggie Burger Baby Carrots Dessert	Bagel Wich Ham And Cheese Soup of Day Cookie	Chinese Vegetable Macaroni w/Eggroll Plum Sauce Fortune Cookie	Fresh Cut Tomato Pizza Vegetable Salad Pears
9	10	11	12	13
Thanksgiving Monday	Ped Day	Italian Meatball Submarine String Bean Salad Peaches	Grilled Cheese and Soup Dessert	Chicken Patty on a Bun Cheese Stick Apple
16	17	18	19	20
Bagel And Cream Cheese Soup Fruit Nutrigrain Bar	Chicken Pot Pie Green Salad Snack	Chicken Fingers Meal Veggie Granola Bar	Penne Pasta Tomato Sauce Bread and Butter Fresh Fruit	Beef Burger Macaroni Salad Vanilla/Chocolate Cake
23	24	25	26	27
Mexican Chicken Fajita Plate	Filet of Sole served with Vegetable Rice Dessert	Chicken Nugget Meal with Snack	Chicken Cesar Wrap Vegetable side Dessert	Garlic Pasta with Cheese Stick Dessert