

SOUP-ER-LUNCH

SOUVENIR 2019-2020

MENU FOR SEPTEMBER 2019



souperlunch@gmail.com	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY		FISH STICKS AND VEGETABLE RICE	CHEESE TORTELLINI WITH CAESAR SALAD	CHICKEN (HALAL) DRUMSTICKS WITH BBQ SAUCE, MASHED POTATOES AND VEGETABLES
TUESDAY	WELCOME BACK! September 3 RD	SPANAKOPITA WITH SALAD (September 10 TH ONLY)	GRILLED CHEESE WITH SOUP AND CRACKERS (September 17 th ONLY)	NO HOT MEAL EXTRAS ONLY PIZZA DAY
WEDNESDAY	BEEF TACOS (2) WITH LETTUCE, SALSA AND MEXICAN RICE	SAUSAGES WITH MASHED POTATOES AND VEGETABLES	BONELESS BBQ RIB WITH VEGETABLE RICE	SHEPHERD'S PIE
THURSDAY	CHICKEN BURGER WITH SALAD	CHEESE CROISSANT WITH SOUP AND GOLDFISH CRACKERS	PANCAKES AND SAUSAGES WITH FRUIT YOGURT (TUBE)	PASTA WITH TOMATO SAUCE AND CARROT STICKS
FRIDAY	PANCAKES AND SAUSAGES WITH FRUIT YOGURT (TUBE)	CHICKEN BROCHETTE WITH RICE AND SALAD	CHICKEN NUGGETS WITH EGG NOODLES AND VEGETABLES	HAMBURGER* OR VEGGIE BURGER WITH SALAD <small>*Please specify your choice when placing your child's order</small>

Soup \$1.25
Assorted Sandwiches \$2.75
Grilled Cheese \$2.50
Bagel + cream cheese \$2.50
Garden or Greek salad \$2.75
Vegetable plate with dip \$2.75
Quinoa salad \$2.50
Macaroni Salad \$2.00

Cheese string \$1.00
Bambino pizza \$4.00
Spanakopita \$4.00
Chocolate milk \$1.75
Strawberry milk \$1.75
Vanilla milk \$1.75
Milk \$1.00
Juice \$1.00

Water \$1.00
Oatmeal fruit Muffin \$1.00
Oatmeal cookie \$1.00
Fruit plate \$2.75
Jell-O \$1.00
Rice Krispie \$1.00
Yogurt \$1.25
Yogurt tube \$1.00

Croissant \$2.00
Ice cream \$1.00
Goldfish crackers \$1.00

Hot meal \$5.00 (served with water, juice or milk)