



Meal Program Menu

November 2020

Sacred Heart
Catholic School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken strips	3 Perogies & sausages	4 Subs & yogurt	5 Grilled cheese & tomato soup	6 Fish & chips	7
8	9 Ham & rice	10 Beef fajitas	11 School is not in session	12 Spaghetti & salad	13 Mac & cheese	14
15	16 Chicken soup & bun	17 Meatloaf & potato wedges	18 Cheese pizza	19 Chili & cornbread	20 Tuna melts	21
22	23 Fish burgers	24 Sloppy joes	25 Vegetable soup	26 Shepherd's pie	27 School is not in session	28
29	30 Ham & pineapple pizza					

Each meal is served with a healthy side of vegetables (raw or roasted), salad, veggies & dip and / or fruit.