



Meal Program Menu

October 2020

Sacred Heart
Catholic School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Each meal is served with a healthy side of vegetables (raw or roasted), salad, veggies & dip and / or fruit.				1 Chicken strips	2 Fish burgers	3
4	5 Sub sandwiches & yogurt	6 Ham & rice	7 Tomato soup & grilled cheese	8 School is not in session	9 School is not in session	10
11	12 School is not in session	13 Fish & chips	14 Meatloaf & potato wedges	15 Beef fajitas	16 Mac & cheese	17
18	19 Perogies & sausages	20 Chicken soup & bun	21 Spaghetti & salad	22 Chili & cornbread	23 School is not in session	24
25	26 School is not in session	27 Sloppy joes	28 Tuna wraps	29 Shepherd's pie	30 Pizza	31