



# Meal Program Menu

## September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <b>Meal program starts</b> Ham & potato wedges	15 Meatloaf & roasted sweet potatoes	16 Sub sandwiches + yogurt & fruit	17 Perogies & sausages	18 Tomato soup & grilled cheese sandwiches	19
20	21 Spaghetti & salad	22 Fish & chips	23 Beef fajitas	24 Shepherd's pie	25 Tuna wraps	26
27	28 Chicken soup & bun	29 Sloppy joes	30 Pizza	Each meal is served with a healthy side of vegetables (raw or roasted, salad, veggies & dip and / or fruit.		