



September 2022

SACRED HEART CATHOLIC SCHOOL MEAL PLAN MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 MEAL PLAN STARTS Meatloaf & wedges	9 Mac & cheese	10
11	12 Subs & yogurt	13 Chicken & pasta	14 Perogy taco casserole	15 Sloppy joes	16 Fish & chips	17
18	19 Ham & rice	20 Chicken soup & bun	21 Shepherd's pie	22 Fish burgers	23	24
25	26 Pizza	27 Chicken strips & salad	28 Spaghetti	29 Tomato soup & grilled cheese	30	