



square meals

# October



Have FUN and color me! and Eat School meals!









Wednesday

Thursday

Friday

Monday

Tuesday

<p><b>6</b> HAM BURGERS VEGGIE BURGERS BABY POTATO &amp; BEANS SWEET CORN GREEN SALAD COLESLAW SALAD PEA &amp; HAM SOUP FRUIT SALAD</p>	<p><b>7</b> CHICKEN CURRY VEGGIE CURRY VEGGIE STIRFRY GARLIC ROASTED-POTATOES GREEN SALAD COUS-COUS SALAD MISO SOUP YOGHURT</p>	<p><b>8</b> BEEF LASAGNA VEGGIE LASAGNA GARLIC BREAD BROCCOLI GREEN SALAD COB SALAD MINSTRONE SOUP FRUIT COBBLER</p> 	<p><b>9</b> CHICKEN KARAAGE RATATOUILLI CAULIFLOWER CHEESE MINTED PEAS GREEN SALAD MIXED BEAN SALAD TOMATO SOUP CRÈME CAMEL</p>	<p><b>10</b> CHICKEN or CHEESE PIZZA PASTA WITH A BEEF or TOMATO SAUCE CARROTS GREEN SALAD CEASAR SALAD MIXED VEGGIE SOUP FRUIT JELLO</p> 
<p><b>13</b> BEEF TACOS VEGGIE CHILI TORTILLAS PUMPKIN GREEN SALAD POTATO SALAD CHICKEN SOUP HOME MADE CAKE</p> 	<p><b>14</b> GRILLED CHICKEN <i>With a tomato SAUCE</i> POTATO BAKE CORN ON THE COB BROCCOLI GREEN SALAD GARDEN SALAD VEGGIE SOUP BOX OF RAISINS</p>	<p><b>15</b> BEEF STROGANOFF BUBBLE &amp; SQUEAK! TUNA MORNEY BUTTERED SPINACH GREEN SALAD COLESLAW SALAD MISO SOUP BANANA CUSTARD</p>	<p><b>16</b> MABO TOFU NASU TOFU POTATO CROQUETTES BEANS GREEN SALAD ASIAN SALAD TOMATO SOUP CRÈME CAMEL</p>	<p><b>17</b> HAM or CHEESE PIZZA PASTA WITH A BEEF or TOMATO SAUCE CARROTS GREEN SALAD CEASAR SALAD POTATO AND CORN SOUP FRUIT JELLO</p>
<p><b>20</b> PORK HOTDOGS VEGGIE HOTDOGS MIXED VEGGIES POTATO &amp; CORN BAKE GREEN SALAD PASTA SALAD SWEETCORN SOUP FRESH FRUIT</p> 	<p><b>21</b> CHICKEN STEW RATATOUILLE POTATO CROQUETTES MINTED PEAS GREEN SALAD PUMPKIN &amp; SPINACH - SALAD BROCCOLI SOUP CAKE &amp; CUSTARD!</p>	<p><b>22</b> CHICKEN AND VEGGIES VEGGIE NOODLES SPECIAL FRIED RICE GREEN BEANS GREEN SALAD GLASS NOODLE SALAD VEG COCONUT SOUP FRUIT AND TAPIOKA</p>	<p><b>23</b> ROAST DAY! + ¥ 150 A TRADITIONAL ROAST MEAT LUNCH: MASHED POTATO BROCCOLI &amp; CARROTS ROAST POTATO ONION GRAVY SAUCE TOFU &amp; GREEN SALAD SWEETCORN SOUP FRUIT COBBLER</p> 	<p><b>24</b> CHICKEN or CHEESE PIZZA PASTA WITH A BEEF or TOMATO SAUCE ROSEMARY CARROTS GREEN SALAD CEASAR SALAD MIXED VEGGIE SOUP YOGHURT PACK</p>
<p><b>27</b> BEEF TACOS VEGGIE CHILI TORTILLAS PUMPKIN GREEN SALAD POTATOSALAD CHICKEN SOUP HOME MADE CAKE</p> 	<p><b>28</b> BEEF CURRY VEGGIE CURRY VEGGIE STIRFRY MIXED VEG GREEN SALAD COUS-COUS SALAD MISO SOUP YOGHURT</p> 	<p><b>29</b> CHICKEN NUGGETS <i>With sweet &amp; sour sauce</i> RATATOUILLI ROASTED POTATOES PEAS GREEN SALAD MIXED BEAN SALAD PUMPKIN SOUP CRÈME CAMEL</p>	<p><b>30</b> PASTA WITH A BEEF &amp; MUSHROOM-SAUCE MEDITERANIAN VEGGIE - SAUCE GARLIC BREAD CABBAGE GREEN SALAD GARDEN SALAD TOMATO SOUP CRÈME CAMEL</p>	<p><b>31</b> DRAGONS EYES (Meatballs in tomato sauce) WITCHES HAIR (Veggie Noodles) MIXED VEGETABLE BAKE GREEN BEANS GREEN SALAD COLESLAW PUMPKIN SOUP FRUIT JELLO</p>