



## St Mary Magdalene Catholic School Menu October--2021

Monday 27-Sep	Tuesday 28-Sep	Wednesday 29-Sep	Thursday 30-Sep	1-Oct
				Breakfast for Lunch: Turkey Sausage, Pancakes, Breakfast Potato, Steamed Broccoli, Fresh Cut Fruit  <b>V-Breakfast for Lunch: Veggie Sausage, Pancakes</b>  <b>Grilled Chicken &amp; Cheese Wrap</b>
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Baked Chicken Breast with Alfredo Sauce, Farfalle Pasta, Oven Roasted Carrots, Fresh Cut Fruit  <b>V-Grilled Tofu with Alfredo Sauce</b>  <b>Roast Beef &amp; Cheddar Sandwich</b>	Turkey & Cheese Croissant, Caprice Pasta Salad with Fresh Basil, Tomato, Mozzarella Cheese & Olive Oil, Sliced Cucumbers, Fresh Cut Fruit  <b>V-Assorted Cheese Wrap</b>  <b>Turkey &amp; Cheddar Sandwich</b>	Chicken Nuggets, Waffle Fries, Steamed Broccoli, Ketchup, Fresh Cut Fruit  <b>V-Grilled Tofu Nuggets</b>  <b>Grilled Cheese Sandwich</b>	Parmesan & Ricotta Ravioli, Green Peas & Diced Carrots, Garlic Bread, Fresh Cut Fruit  <b>100% Beef Hot Dog</b>	Beef Lasagna with Ricotta Cheese, Mozzarella Cheese & Tomato Basil Pasta Sauce, Baked Yellow Squash, Garlic Bread, Fresh Cut Fruit  <b>V-Vegetarian Lasagna with Ricotta Cheese,            Mozzarella Cheese &amp; Tomato Basil Pasta Sauce</b> <b>Grilled Chicken &amp; Cheese Wrap</b>
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
<b>SCHOOL CLOSED</b>	Grilled Turkey and Cheddar Sandwich, Sweet Potato Tots, Steamed Broccoli, Fresh Cut Fruit  <b>V-Grilled Tofu and Cheddar Sandwich</b>  <b>Turkey &amp; Cheddar Sandwich</b>	Broccoli, Cauliflower & Cheese Casserole with Baked Chicken Breast, Plain Pasta, Fresh Baked Baguette, Fresh Cut Fruit  <b>V-Broccoli, Cauliflower &amp; Cheese Casserole with            Grilled Tofu</b> <b>Grilled Cheese Sandwich</b>	Pasta Primavera with Turkey Sausage, Oven Roasted Zucchini, Fresh Cut Fruit  <b>V-Pasta Primavera with Veggie Sausage</b>  <b>100% Beef Hot Dog</b>	Chicken and Waffles, Roasted Red Potatoes, Steamed Broccoli, Ketchup, Fresh Cut Fruit  <b>V-Baked Cheese Sticks and Waffles</b>  <b>Grilled Chicken &amp; Cheese Wrap</b>
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Grassfed Beef Sloppy Joe Slider, Sweet Potato Tots, Fresh Corn, Fresh Cut Fruit  <b>V-Boca Sloppy Joe Slider</b>  <b>Roast Beef &amp; Cheddar Sandwich</b>	Chicken & Cheese Quesadillas, Brown Rice, Black Beans, Fresh Cut Fruit  <b>V-Cheese Quesadillas</b>  <b>Turkey &amp; Cheddar Sandwich</b>	Chicken Meatballs, Mashed Potatoes with Cheddar Cheese, Peas & Diced Carrots, Fresh Cut Fruit  <b>V-Grilled Tofu</b>  <b>Grilled Cheese Sandwich</b>	Spaghetti with Turkey Meat Sauce, Fresh Green Beans & Carrots, Fresh Cut Fruit  <b>V-Spaghetti with TVP, Diced Vegetables &amp;            Marinara Sauce</b> <b>100% Beef Hot Dog</b>	Cheese Pizza, Sliced Cucumber with House Made Ranch Dressing, Fresh Cut Fruit  <b>Grilled Chicken &amp; Cheese Wrap</b>
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Macaroni and Cheese with Oven Roasted Chicken Breast, Steamed Broccoli, Fresh Cut Fruit  <b>V-Macaroni and Cheese with Grilled Tofu</b>  <b>Roast Beef &amp; Cheddar Sandwich</b>	Turkey and Cheese Wrap, Sliced Cucumbers, Vanilla Yogurt, Fresh Cut Fruit  <b>V-Assorted Cheese Wrap</b>  <b>Turkey &amp; Cheddar Sandwich</b>	Chicken Fried Rice with Carrots & Lima Beans, Steamed Broccoli, Fresh Baked Baguette, Fresh Cut Fruit  <b>V-Fried Rice with Grilled Tofu, Carrots &amp; Lima            Beans</b> <b>Grilled Cheese Sandwich</b>	Grassfed Beef Meatballs, Garden Rotini Pasta, Marinara Sauce, Baked Yellow Squash, Fresh Cut Fruit  <b>V-Eggplant Parmesan</b>  <b>100% Beef Hot Dog</b>	Baked Ziti with Turkey Kielbasa, Vegetable Medley, Garlic Bread, Fresh Cut Fruit  <b>V-Vegetable Baked Ziti with Grilled Tofu</b>  <b>Grilled Chicken &amp; Cheese Wrap</b>