

## October 2025 Menu

| Monday 9/29                                                                                                                                                                                                                        | Tuesday 9/30                                                                                                                                                                                                    | Wednesday 10/1                                                                                                                                                                                                  | Thursday 10/2                                                                                                                                                                                                            | Friday 10/3                                                                                                                                                                                                |
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| Buttermilk Waffles with<br>Fresh Berries and<br>Bananas, Hard Boiled<br>Eggs, Fruit Smoothie<br>-<br>Steamed Broccoli<br>Baked Chicken Breast<br>Mashed Potatoes<br>Cantaloupe<br>-<br>Banana Bread<br>with Cream Cheese<br>Grapes | Roasted Potatoes,<br>Greek Yoghurt,<br>Watermelon,<br>Chicken Sausage<br>-<br>Turkey Taco Bowl<br>Cucumber Tomato Salad<br>Spanish Tomato Rice<br>-<br>Celery, Cucumbers,<br>Carrots, Peppers<br>Tzatziki Sauce | Buttermilk Pancakes<br>cSauteed Apples, Greek<br>Yoghurt, Bananas<br>-<br>Creamy Pasta Carbonara<br>with Peas<br>Garlic Green Beans<br>Fresh Grapes<br>-<br>(GF, Egg Free) Banana<br>Bread, Apple Slices        | Roasted Sweet Potato<br>Omelet with Cheese,<br>Tomato, Peppers,<br>Onions<br>-<br>Chicken, Vegetable and<br>Rice Soup<br>Focaccia Bread<br>Garden Salad<br>-<br>Celery, Cucumbers,<br>Carrots, Peppers<br>Tzatziki Sauce | Banana Bread, Turkey<br>Sausage, Greek<br>Yoghurt, Watermelon<br>-<br>Breaded Chicken<br>Cutlets,<br>with Red Sauce<br>Quinoa<br>Steamed Green Beans<br>-<br>Cucumbers and Carrots                         |
| Monday 10/7                                                                                                                                                                                                                        | Tuesday 10/7                                                                                                                                                                                                    | Wednesday 10/8                                                                                                                                                                                                  | Thursday 10/9                                                                                                                                                                                                            | Friday 10/10                                                                                                                                                                                               |
| Buttermilk Waffles<br>Watermelon Slices,<br>Bananas<br>Hard Boiled Eggs<br>-<br>Baked Chicken Breast<br>(GF) (V)Chickpea Fritters<br>Cilantro Lime Rice<br>Roasted Broccoli<br>-<br>Apple Cinnamon<br>Muffins                      | Roasted Potatoes<br>Strawberry Smoothie<br>Turkey Sausage, Apples<br>-<br>Beef Taco Bowl, Cilantro<br>Lime Rice, Black Beans,<br>Corn, Cheese and<br>Tomatoes<br>-<br>Apple Cinnamon<br>Muffins<br>Bananas      | Banana Pancakes,<br>Strawberry Chia Pudding,<br>Greek Yoghurt, Apple<br>Slices<br>-<br>(V) *Spinach Pesto Pasta<br>Tomato, Cucumber,<br>Mozzarella Salad<br>Watermelon<br>-<br>Oatmeal Fruit Bar<br>Fruit salad | Cheese Omelet with<br>Tomatoes<br>Buttermilk Biscuits<br>Steamed Broccoli<br>-<br>(v) (GF) Adas Polo<br>Rice Dish<br>Yoghurt Tzatziki Sauce<br>Sliced Melon<br>-<br>Banana Bread<br>Cream Cheese<br>Apples               | *Banana Bread<br>Cream Cheese<br>Fruit Salad<br>Turkey Sausage Patties<br>-<br>(V)Black Bean Sweet<br>Potato Veggie Burger<br>Dinner Roll<br>Sliced Veg & Tzatziki<br>-<br>Sliced Vegetables &<br>Tzatziki |

| Monday 10/13                                                                                                                                                                                                       | Tuesday 10/14                                                                                                                                                                                                          | Wednesday 10/15                                                                                                                                                                                                                  | Thursday 10/16                                                                                                                                                                                                       | Friday 10/17                                                                                                                                                                                                                                        |
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| <b>SCHOOL</b><br><br><b>CLOSED</b><br><br><b>INDIGENOUS</b><br><br><b>PEOPLES</b><br><br><b>DAY</b>                                                                                                                | Roasted Potatoes with<br>Cheese Scrambled Eggs<br>Fruit Salad<br>-<br>Chicken Quesadillas<br>with Peppers and<br>Onions<br>Avocado, Grape<br>Tomatoes<br>-<br>Cheese & Crackers<br>Grapes                              | Buttermilk Pancakes<br>Greek Yoghurt<br>Banana Chia Pudding<br>(GF) Granola<br>Berries<br>-<br>*Red Sauce Pasta<br>Beef Meatballs<br>Garlic Green Beans<br>Fruit Salad<br>-<br>Oatmeal Chocolate Chip<br>Muffins<br>Apple Slices | Spinach Tomato<br>Parmesan Frittata<br>Corn Bread Muffins<br>Cantaloupe<br>-<br>(GF)(V) Chickpea Fritters<br>Tzatziki Sauce<br>Carrots, Cucumbers,<br>Celery<br>-<br>Tzatziki Sauce<br>Carrots, Cucumbers,<br>Celery | Oatmeal Chocolate<br>Chip Muffins<br>Cream Cheese<br>Scrambled Eggs<br>Apple Slices<br>-<br>(V)Broccoli Cheddar<br>Soup<br>Focaccia Bread<br>Steamed Green Beans<br>Apple Slices<br>-<br>Yoghurt Parfait with<br>Fresh Fruit Compote<br>and Granola |
| Monday 10/20                                                                                                                                                                                                       | Tuesday 10/21                                                                                                                                                                                                          | Wednesday 10/22                                                                                                                                                                                                                  | Thursday 9/23                                                                                                                                                                                                        | Friday 9/24                                                                                                                                                                                                                                         |
| Buttermilk Waffles<br>Hard Boiled Eggs<br>Strawberry Smoothie<br>Cantaloupe<br>-<br>Pineapple & Vegetable<br>Fried Rice (Scrambled<br>Eggs and Chicken)<br>Watermelon Slices<br>-<br>Cheese and Crackers<br>Grapes | Roasted Potatoes with<br>Tomato Sauce<br>Cheese Scrambled Eggs<br>Fresh Clementines<br>-<br>(GF) (V) Chickpea Curry<br>With Quinoa<br>Roasted Cauliflower<br>Cantaloupe<br>-<br>Chocolate Zucchini<br>Muffin<br>Apples | Buttermilk Pancakes<br>Greek Yoghurt with<br>Cantaloupe<br>Steamed Broccoli<br>-<br>*Chicken Broccoli Alfredo<br>Garden Salad<br>Apple Slices<br>-<br>Chocolate Zucchini<br>Muffins<br>Grapes                                    | Buttermilk Biscuits<br>Broccoli Frittata Eggs<br>Clementines<br>-<br>Adas Polo Lentil Rice<br>Dish<br>Cucumber and Carrot<br>with Hummus<br>-<br>Banana Bread<br>With Cream Cheese<br>Apples                         | Banana Bread<br>Cantaloupe<br>Greek Yoghurt<br>Banana Slices<br>-<br>(V) Pizza Day!<br>Cheese, Vegetable<br>Fruit Salad<br>-<br><br><b>SCHOOL CLOSED AT<br/>NOON</b>                                                                                |

| 10/27                                                                                                                                                                                                               | 10/28                                                                                                                                                                                                           | 10/29                                                                                                                                                                                                   | 10/30                                                                                                                                                                                          | 10/31                                                                                                                                                                             |
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| Buttermilk Waffles<br>Berries Greek Yoghurt<br>Strawberry Jam<br>Turkey Sausage<br>-<br>Turkey Meatballs<br>Roasted Sweet Potatoes,<br>Quinoa, Broccoli<br>Tzatziki Sauce<br>-<br>Vegetables with Tzatziki<br>Sauce | Roasted Potatoes<br>Strawberry Smoothie<br>Bowl with Granola and<br>Apple Slices<br>-<br>Breaded Chicken Cutlets<br>Tomato Sauce<br>Garden Salad<br>Fresh Pineapple<br>-<br>Apple Cinnamon<br>Muffins<br>Grapes | Buttermilk Pancakes<br>Greek Yoghurt and Berry<br>Jam, Fresh Sliced<br>Pineapple<br>-<br>Cheesy Vegetable Pasta<br>Roasted Broccoli<br>Fresh Watermelon Slices<br>-<br>Apple Cinnamon Muffins<br>Grapes | Buttermilk Biscuits<br>Cheese Omelet with<br>Tomatoes<br>Steamed Broccoli<br>-<br>(v) (GF) Lubia Polo<br>Rice Dish<br>Yoghurt Tzatziki Sauce<br>Sliced Melon<br>-<br>Banana Bread<br>Pineapple | Banana Bread<br>Cream Cheese<br>Strawberry Jam Sliced<br>Apples<br>-<br>Chicken Breast,<br>Cheddar, Focaccia<br>Bread<br>Broccoli Watermelon<br>-<br>Grape<br>Cheese and Crackers |







