



PYTHAGORAS ACADEMY

LUNCH MENU

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Gyoza with Spring Rolls Chicken Gyoza, Vegetable Spring Rolls, Soya Sauce	2 Good Friday
5 Easter Monday	6 Italian Meatballs w/ Rice Beef Meatball, Tomato Sauce, Variety Vegetables, Rice	7 Fish and Chips, Vegetables Dip Fried Fish Solo Filet, Potato Chips, Vegetables, lemon	8 Teriyaki Chicken w/ Rice Chicken thigh, Salt & Seasoning, Teriyaki Sauce, with rice	9 Chicken Tender & Steamed Vegetables w/ Fries Chicken Tenders, Steamed Broccoli, Colliflower, Carrots and Fries
12 Scrambled Egg & Chicken Sausage w/Potato Scrambled Egg, Chicken Sausage, Mixed Veg and Roasted Potato	13 Butter Chicken w/ Rice Chicken Breast, Indian Butter Sauce, Salt & Seasoning, Green & Red Peppers, Tomato, , Rice	14 Rotini with Meat Sauce Minced Pork, Rotini, Tomato, Tomato Paste, Herb & Spice for seasoning, Vegetables	Only JK 15 Fish and Chips, Vegetables Dip Fried Fish Solo Filet, Potato Chips, Vegetables, lemon	16 Grilled Chicken Leg Served Mixed Vegetables & Rice Chicken Leg, Mixed Veg, Rice
19 Beef Sausage with Mac & Cheese Chicken Sausage, Macaroni, Cheddar Cheese, Cream, Salt, Vegetables	20 Japchae Korean Noodles with Beef, Eggs and Vegetables Beef, Salt & Seasoning, Eggs, Mushrooms Soy Sauce, Vegetables, Sweet Potato Noodle	21 Chicken Stew w/Vegetables on Brown/Black rice. Chicken thigh, Mixed Vegetables, Tomato Sauce, and Brown/Black rice	22 BBQ Pork with Rice Pork tenderloin, BBQ sauce, Steamed Vegetables, serviced with rice	23 Lemon Chicken w/ Farfalle Chicken Breast, Mixed Vegetables, With Pasta Farfalle
26 Curry Chicken w/ Rice Chicken Breast, Japanese Curry(mild), Cream Salt & Seasoning Green & Red Peppers, Potato, Vegetables, Rice	27 Mushroom & Bacon Pasta Pasta, Mushroom, Bacon, Cream, Flour, Mixed Vegetables	28 Fried Noodle with Chicken Egg Noodle, Chicken, Vegetables, Soy Sauce & Seasoning	29 Beef stroganoff w/Rice and Steamed Red Bell Beef, (Salt & Seasoning, Tomato Sauce, Onion, Carrots, Red Bell), Rice	30 Black Pepper Chicken w/Orzo Sliced Chicken, Black pepper, Mixed Veg and Orzo Noodles

***This menu is subject to change**



PYTHAGORAS ACADEMY

SNACK MENU

April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			MS Diced Peaches Granola Ball AS Cheese Croissant	Good Friday
5	6	7	8	9
Easter Monday	MS Activia Yogurt Granola Bar AS Oatmeal Raisin Cookie	MS Fresh Vegetables Hello Panda Cookies AS Pizza Bagel with Ham	MS Fresh Fruits Mini Ritz Crackers AS Blueberry Scone	MS Apple Squeeze Colours Goldfish AS Plain Croissant
12	13	14	Only JK	16
MS Nano Yogurt Granola Ball AS Raisin Bran Muffin	MS Fresh Fruits Banana Bread AS Vanilla Cookie	MS Apple Squeeze Celebration Cookies AS Ham & Cheese Croissant	MS Fresh Vegetables Goldfish Crackers AS Cheese Scone	MS D'Active Yogurt Surprise Cookies AS Raisin Cinnamon Bagel
19	20	21	22	23
MS Apple Squeeze Mini Ritz Crackers AS Apple Oat Muffin	MS Fresh Vegetables Granola Bar AS Pizza Bagel Cheese	MS Activia Yogurt Madeleines AS Oatmeal Raisin Cookie	MS Fresh Fruits Surprise Cookies AS Cinnamon Roll Danish	MS Nano Yogurt Hello Panda Cookies AS Cheese Croissant
26	27	28	29	30
MS Diced Peaches Granola Ball AS Cranberry Orange Scone	MS Fresh Fruits Banana Bread AS Plain Croissant	MS Fresh Vegetables Colours Goldfish AS Toasted Bagel	MS Activia Yogurt Mini Ritz Crackers AS Poppyseeds Roll Danish	MS Apple Squeeze Celebration Cookies AS Ham & Cheese Croissant

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