

## PYTHAGORAS ACADEMY LUNCH MENU

## September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
		PRO-D DAY	PRO-D DAY	PRO-D DAY	
		W 150 C W 2 W 2 L 2		10	
6	7	Half Day for K & JK No L. 8	9	10	
LABOUR DAY	PRO-D DAY	Teriyaki Chicken with  Vegetable on Rice  Chicken thigh, Onion, Carrots,  Salt & Seasoning, Teriyaki Sauce, on Rice	Gyoza with Spring Rolls Chicken Gyoza, Vegetable Spring Rolls, Soya Sauce	Fish & Chips with Vegetables  Dip Fried Fish Solo Filet,  Potato Chips, Vegetables, lemon	
13	14	15	16	17	
Thai Chicken Fried Rice Diced Chicken, Rice, Pineapple, Peas, Green beans, Corn, Thai sweet & sour sauce Fried Rice	Meat Sauce with Penne and Vegetables Minced Pork, Penne Pasta, Tomato Sauce, Herb & Spice, Vegetables	Chicken Thighs with Rice and Warm Corn Salad Chicken thigh, Onions, Teriyaki Sauce, Corn on Rice	Fried Noodle with Chicken Egg Noodle, Chicken, Vegetables, Soy sauce & Seasoning	Chicken Tender & Fries With Vegetables Chicken Tenders, Fries, Vegetables	
20	21	22	23	24	
Teriyaki Chicken with Vegetable on Rice Chicken thigh, Onion, Carrots, Salt & Seasoning, Teriyaki Sauce, on Rice	Beef Fried Noodles Egg Noodle, Beef, Veggies, Soy sauce & Seasoning	Butter Chicken with Rice and Steamed Broccoli Chicken Breast, Indian Butter Sauce, Salt & Seasoning, Rice and Steamed Broccoli	Gyoza with Spring Rolls Chicken Gyoza, Vegetable Spring Rolls, Soya Sauce	TERRY FOX RUN (Half Day) No LUNCH	
27	28	29	30		
3 Cheese Tortellini with Beef Meatballs Beef Meatball, Tomato Sauce, Variety Vegetables, 3 Cheese Tortellini	Grilled Chicken Leg Served w/ Butter Corn & Veggies Chicken Leg, Butter Corn, Carrots, Broccoli, Zucchini	Fish Filet in Tomato Sauce  w/ Rice  Fish Filet, Tomato, Tomato paste, Sugar,  Vinegar, Onion Rice	NATIONAL DAY FOR TRUTH AND RECONCILIATION		

<sup>\*</sup>This menu is subject to change



## PYTHAGORAS ACADEMY SNACK MENU

## September 2021

September 2022											
Monday		Tuesday		Wednesday		Thursday		Friday			
				PRO-D DAY		PRO-D DAY		PRO-D DAY	3		
6		7			MS	9 S Fresh Vegetables	MS	D'Active Yogurt	10		
LABOUR DAY		PRO-D DAY	AS	Ham & Cheese Croissant		-	AS	Surprise Cookies Pizza Bagel Cheese			
13		14		15		16			17		
Cheese Babybell <mark>Granola Bar</mark>	MS	Activia Yogurt	MS	Fresh Fruits Cup	MS	S Fresh Vegetables	MS	Nano Yogurt <mark>Banana Bread</mark>			
Apple Oat Muffin	AS	Sinnamon Roll Danish	AS	Oatmeal Raisin Cookie	AS	Cheese Croissant	AS	Poppyseeds Roll Danis	sh		
20		21		22		23		TERRY FOX RUN	24		
Cheese Sticks <mark>Goldfish Crackers</mark>	MS	D'Active Yogurt <mark>Granola Ball</mark>	MS	Fresh Fruits Cup	MS	S Fresh Vegetables	MS	Apple Juice Box <mark>Mini Ritz Crackers</mark>			
Sinnamon Roll Danish	AS	Pizza Bagel with Ham	AS	Plain Croissant	AS	Oatmeal Raisin Cookie	AS	(Half Day)			
27		28		29		30					
Activia Yogurt  Ham & Cheese Croissant	MS AS	Apple Squeeze <mark>Colours Goldfish</mark> Vanilla Cookie	MS AS	Fresh Fruits Cup Blueberry Muffin	٨	IATIONAL DAY FOR TRUTH AND RECONCILIATION					
	LABOUR DAY  13  Cheese Babybell Granola Bar Apple Oat Muffin  20  Cheese Sticks Goldfish Crackers Sinnamon Roll Danish  27  Activia Yogurt	LABOUR DAY  13  Cheese Babybell Granola Bar Apple Oat Muffin  AS  Cheese Sticks Goldfish Crackers Sinnamon Roll Danish  AS  ACtivia Yogurt  MS	13 14  Cheese Babybell Granola Bar Apple Oat Muffin  20 21  Cheese Sticks Goldfish Crackers Sinnamon Roll Danish  AS D'Active Yogurt Granola Ball AS Pizza Bagel with Ham  27 28  Activia Yogurt MS Apple Squeeze Colours Goldfish	LABOUR DAY  PRO-D DAY  AS  13  Cheese Babybell Granola Bar Apple Oat Muffin  AS Sinnamon Roll Danish AS  Cheese Sticks Goldfish Crackers Sinnamon Roll Danish AS Pizza Bagel with Ham  AS  Activia Yogurt MS Apple Squeeze Colours Goldfish	Cheese Babybell Granola Bar Apple Oat Muffin  AS Sinnamon Roll Danish  AS Pizza Bagel with Ham  AS Plain Croissant  13 PRO-D DAY  AS Ham & Cheese Croissant  MS Fresh Fruits Cup  AS Oatmeal Raisin Cookie  20 21 22  Cheese Sticks Goldfish Crackers Ginnamon Roll Danish AS Pizza Bagel with Ham  AS Pizza Bagel with Ham  AS Pizza Bagel with Ham  AS Fresh Fruits Cup  AS Plain Croissant  29  Activia Yogurt AS Apple Squeeze Colours Goldfish  MS Fresh Fruits Cup	1 PRO-D DAY  6 PRO-D DAY  7 Half Day for K & JK No L. 8 MS Activia Yogurt AS Ham & Cheese Croissant AS  13 14 15  Cheese Babybell Granola Bar Apple Oat Muffin AS Sinnamon Roll Danish AS Oatmeal Raisin Cookie AS  Cheese Sticks Goldfish Crackers Sinnamon Roll Danish AS Pizza Bagel with Ham AS Plain Croissant AS  Activia Yogurt MS Fresh Fruits Cup MS Fresh Fruits Cup MS AS Pizza Bagel with Ham AS Plain Croissant AS  Activia Yogurt MS Apple Squeeze Colours Goldfish	LABOUR DAY  PRO-D DAY  PRO-D DAY  PRO-D DAY  AS Half Day for K & JK No L. 8  MS Fresh Vegetables  AS Cheese Scone  13 14 15 16  Cheese Babybell Granola Bar  Apple Oat Muffin  AS Sinnamon Roll Danish  AS Oatmeal Raisin Cookie  AS Cheese Croissant  AS Oatmeal Raisin Cookie  MS Fresh Vegetables  AS Cheese Croissant  AS Cheese Croissant  AS Pizza Bagel with Ham  AS Pizza Bagel with Ham  AS Plain Croissant  AS Oatmeal Raisin Cookie  AS Oatmeal Raisin Cookie  NAS Fresh Vegetables  AS Cheese Croissant  AS Oatmeal Raisin Cookie  AS Oatmeal Raisin Cookie  NAS Fresh Fruits Cup  Granola Ball  AS Pizza Bagel with Ham  AS Plain Croissant  AS Oatmeal Raisin Cookie  NAS Fresh Fruits Cup  MS Fresh Fruits Cup  AS Oatmeal Raisin Cookie	LABOUR DAY  PRO-D DAY  AS Half Day for K & JK No L. 8 MS Fresh Vegetables AS Cheese Scone  AS  Cheese Babybell Granola Bar Apple Oat Muffin  AS Sinnamon Roll Danish  AS Pizza Bagel with Ham  AS Plain Croissant  AS Datmeal Raisin Cookie  AS Datmeal Raisin Cookie  AS Oatmeal DAY FOR TRUTH	1 PRO-D DAY  PRO-D DAY  PRO-D DAY  AS Ham & Cheese Croissant AS Cheese Scone  13 AS Activia Yogurt Granola Bar Apple Oat Muffin AS Sinnamon Roll Danish  AS D'Active Yogurt Banana Bread AS Cheese Stoke Goldfish Crackers  In a D'Active Yogurt Banana Bread AS Poppyseeds Roll Danish  AS Pizza Bagel With Ham  AS Plain Croissant  AS Oatmeal Raisin Cookie  MS Fresh Vegetables  MS Nano Yogurt Banana Bread AS Cheese Croissant  Banana Bread AS Poppyseeds Roll Danish  AS Oatmeal Raisin Cookie  AS Cheese Croissant  MS Apple Juice Box Mini Ritz Crackers  AS Oatmeal Raisin Cookie  MS Apple Juice Box Mini Ritz Crackers  AS Oatmeal Raisin Cookie  AS Oatmeal Raisin Cookie  MS Apple Squeeze Colours Goldfish  MS Apple Squeeze  Colours Goldfish  NATIONAL DAY FOR TRUTH		

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