



PYTHAGORAS ACADEMY

LUNCH MENU

September 2021

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

***This menu is subject to change**



PYTHAGORAS ACADEMY

SNACK MENU

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<i>PRO-D DAY</i>	<i>PRO-D DAY</i>	<i>PRO-D DAY</i>
6	7	8	9	10
LABOUR DAY	<i>PRO-D DAY</i>	Half Day for K & JK No L.		
		MS <i>Activia Yogurt</i> AS <i>Ham & Cheese Croissant</i>	MS <i>Fresh Vegetables</i> AS <i>Cheese Scone</i>	MS <i>D'Active Yogurt</i> Surprise Cookies AS <i>Pizza Bagel Cheese</i>
13	14	15	16	17
MS <i>Cheese Babybell</i> Granola Bar AS <i>Apple Oat Muffin</i>	MS <i>Activia Yogurt</i> AS <i>Sinnamon Roll Danish</i>	MS <i>Fresh Fruits Cup</i> AS <i>Oatmeal Raisin Cookie</i>	MS <i>Fresh Vegetables</i> AS <i>Cheese Croissant</i>	MS <i>Nano Yogurt</i> Banana Bread AS <i>Poppyseeds Roll Danish</i>
20	21	22	23	24
MS <i>Cheese Sticks</i> Goldfish Crackers AS <i>Sinnamon Roll Danish</i>	MS <i>D'Active Yogurt</i> Granola Ball AS <i>Pizza Bagel with Ham</i>	MS <i>Fresh Fruits Cup</i> AS <i>Plain Croissant</i>	MS <i>Fresh Vegetables</i> AS <i>Oatmeal Raisin Cookie</i>	TERRY FOX RUN MS <i>Apple Juice Box</i> Mini Ritz Crackers <i>(Half Day)</i>
27	28	29	30	
MS <i>Activia Yogurt</i> AS <i>Ham & Cheese Croissant</i>	MS <i>Apple Squeeze</i> Colours Goldfish AS <i>Vanilla Cookie</i>	MS <i>Fresh Fruits Cup</i> AS <i>Blueberry Muffin</i>	NATIONAL DAY FOR TRUTH AND RECONCILIATION	

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