



PYTHAGORAS ACADEMY

LUNCH MENU

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Chicken with Vegetable on Rice Chicken thigh, Onion, Carrots, Teriyaki Sauce, on Rice	2 Gyoza with Spring Rolls Chicken Gyoza, Vegetable Spring Rolls, Soya Sauce	3 Broccoli and Cheese With Sausage Skillet Pasta Beef & Ham Sausage, Macaroni, Cheddar Cheese, Cream, Salt, Broccoli	4 Field Trip 4P (-18M)	5 Meat Sauce with Penne and Vegetables Minced Pork, Penne Pasta, Tomato Sauce, Herb & Spice, Vegetables
8 Chicken Thighs with Rice and Warm Corn Salad Chicken thigh, Onions, Teriyaki Sauce, Corn on Rice	9 Fish & Chips with Vegetables Dip Fried Fish Solo Filet, Potato Chips, Vegetables, lemon	10 Italian Meatballs w/ Rice Beef Meatball, Tomato Sauce, Variety Vegetables, Rice	11 REMEMBRANCE DAY	12 Grilled Chicken Leg Served w/ Butter Corn & Veggies Chicken Leg, Butter Corn, Carrots, Broccoli, Zucchini
15 Sausage with Mac & Cheese Chicken Sausage, Macaroni, Cheddar Cheese, Cream, Vegetables	16 Gyoza with Steamed Broccoli Beef Gyoza, Broccoli, Soya Sauce	17 Teriyaki Chicken with Vegetable on Rice Chicken thigh, Onion, Carrots, Teriyaki Sauce, on Rice	18 Beef Lasagna Lasagna Noodles, Beef, Veggies, Tomato Sauce, Cheese & Seasoning	19 PRO-D DAY
22 Beef Fried Noodles Egg Noodle, Beef, Veggies, Soy Sauce & Seasoning	23 Fish Filet in Tomato Sauce w/ Rice Fish Filet, Tomato, Tomato paste, Sugar, Vinegar, Onion, Rice	24 Fried Noodle with Chicken Egg Noodle, Chicken, Vegetables, Soy sauce & Seasoning	25 3 Cheese Tortellini with Beef Meatballs Beef Meatball, Tomato Sauce, Variety Vegetables, 3 Cheese Tortellini	26 Chicken Tender & Steamed Vegetables w/ Fries Chicken Tenders, Steamed Broccoli, Colliflower, Carrots and Fries
29 Butter Chicken with Rice and Steamed Broccoli Chicken Breast, Indian Butter Sauce, Rice and Broccoli	30 Chinese Beef w/Broccoli On the Rice Beef, Broccoli, Soy Sauce, Garlic, Rice			

***This menu is subject to change**

***November 4 – Grades 4P + 18M (included Anthony N./ Olivia W) - Cheese Sticks Wrap and Cucumber Sticks Cup at 9:00AM**



PYTHAGORAS ACADEMY

VEGETARIAN LUNCH MENU

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Tofuball with Rice Tofuball, Teriyaki Sauce, Variety Vegetables, Rice	2 Veg Gyoza with Spring Rolls Veg Gyoza, Vegetable Spring Rolls, Soya Sauce	3 Cheese Stick and Chips, Vegetables Dip Fried Cheese Stick, Potato Chips, Vegetables, Tata Sauce	4 Field Trip 4P (-18M) Veg Fried Rice Mixed Vegetables, Soy Sauce & Seasoning, Fried Rice	5 Mixed Veg Riceball Sushi Rice, Roasted Seaweed, Olive oil, Sushi Vinegar, Sugar, Shredded Vegetable
8 Chickpeas in tomato Sauce Italian tomato Sauce, Chickpeas, Mixed Veg, Rice	9 Mushroom Mac & Cheese Mushroom, Macaroni, Cheddar Cheese, Cream, Salt, Vegetables	10 Sweet & Sour Tofuball with Rice Tofuball, Sweet & Sour Sauce, Variety Vegetables, Rice	11 REMEMBRANCE DAY	12 Cheese Stick Wrap Cheese Stick, Fresh Mixed Veg, Thousand Island, Racch, Wrap
15 Scrambled Egg w/Tomato Scrambled Eggs, Tomato, Sugar, Salt, Ketchup, Serviced Rice	16 Veg Gyoza with Spring Rolls Veg Gyoza, Vegetable Spring Rolls, Soya Sauce	17 Teriyaki Tofu with Rice Tofu, Teriyaki Sauce, Seasoning, serviced with rice	18 Vegetarian Lasagna Lasagna Noodles, Mixed Veggies, Tomato Sauce, Cheese & Seasoning	19 PRO-D DAY
22 Veg Fried Noodle Vegetables, Soy Sauce & Seasoning, Egg Noodle	23 Chickpeas in tomato Sauce Italian tomato Sauce, Chickpeas, Mixed Veg, Rice	24 Teriyaki Tofuball with Rice Tofuball, Teriyaki Sauce, Variety Vegetables, Rice	25 Vegetarian Spaghetti Mixed Veg, Spaghetti, Onion, Tomato Sauce, Herb & Spice	26 Cheese stick & Steamed Vegetables w/ Fries Cheese stick, Steamed Broccoli, Colliflower, Carrots and Fries
29 Butter Veg w/ Rice Mixed Veg, Indian Butter Sauce, Curry(mild), Cream, Salt & Seasoning, Green & Red Peppers, Tomato, Vegetables, Rice	30 Teriyaki Tofu with Rice Tofu, Teriyaki Sauce, Seasoning, serviced with rice			

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***November 4 – Grades 4P + 18M (included Anthony N./ Olivia W) - Cheese Sticks Wrap and Cucumber Sticks Cup at 9:00AM**



PYTHAGORAS ACADEMY

SNACK MENU

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
MS Cheese Babybell Banana Bread	MS Activia Yogurt	MS Fresh Fruits Cup	MS Fresh Vegetables	MS Nano Yogurt Granola Bar
AS Pizza Bagel with Ham	AS Poppyseeds Roll Danish	AS Ham & Cheese Croissant	AS Cheese Scone	AS Plain Croissant
8	9	10	11	12
MS D'Active Yogurt Mini Ritz Crackers	MS Activia Yogurt	MS Fresh Vegetables	THANKSGIVING DAY	MS Nano Yogurt Goldfish Crackers
AS Pizza Bagel Cheese	AS Cinnamon Roll Danish	AS Oatmeal Raisin Cookie		AS Ham & Cheese Croissant
15	16	17	18	19
MS Cheese Sticks Banana Bread	MS D'Active Yogurt Granola Ball	MS Fresh Fruits Cup	MS Fresh Vegetables	PRO-D DAY
AS Pizza Bagel with Ham	AS Blueberry Scone	AS Plain Croissant	AS Cinnamon Roll Danish	
22	23	24	25	26
MS Nano Yogurt Granola Bar	MS Apple Squeeze Colours Goldfish	MS Fresh Fruits Cup	MS Fresh Vegetables	MS Apple Juice Box Mini Ritz Crackers
AS Poppyseeds Roll Danish	AS Ham & Cheese Croissant	AS Cranberry Orange Scone	AS Oatmeal Raisin Cookie	AS Cinnamon Roll Danish
29	30			
MS Activia Yogurt	MS Cheese Sticks Granola Bar			
AS Pizza Bagel with Ham	AS Plain Croissant			

**This menu is subject to change*

**November 4 – Grades 4P + 18MS at 8.45AM In Class (included Anthony N./ Olivia W) - Fruit Salad and Fish Crackers*