FIELDSTONE 2017 HOT LUNCH MENU

May				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked white meat	Fusilli with ground	Tacos with all the	Chicken Stir-fry with	Grilled cheese on
chicken fingers with	beef sauce, spring	fixings, tortilla chips,	whole wheat noodles,	whole wheat bread
roasted potatoes and	mixed salad and fruit	salsa and fruit	spring mixed salad &	with raw vegetables
fruit			fruit	and fruit
V: Vegetarian nuggets	V: Fusilli with tomato	V: Veggie Fajitas,	V: Vegetable Stir-fry	V: Grilled cheese on
with roasted potatoes	sauce, spring mixed	tortilla chips, salsa &	with whole wheat	whole wheat bread
and fruit	salad and fruit	Fruit	noodles, Spring Mixed	with raw vegetables
			Salad & Fruit	and fruit
8	9	10	11	12
All Day Breakfast!	Chilli with jasmine	Beef Hamburger,	Fish Sticks with mixed	Pepperoni Pizza,
Pancakes, Eggs,	rice, raw carrots and	Pickle, Roasted	spring salad, raw	Caesar Salad & Fruit
Sausage, Fruit	fruit	Potatoes & Fruit	carrots & fruit	
*Vegetarian option	V: Vegetarian chilli	V: Veggie Burger,	V: Vegetarian nuggets	V: Veggie Pizza, Caesar
will not include	with jasmine rice, raw	Pickle, Roasted	with mixed spring	Salad & Fruit
sausage but will have	carrots and fruit	Potatoes & Fruit	salad, raw carrots &	
extra eggs or pancakes			fruit	
15	16	17	18	19
Baked white meat	Fusilli with ground	Tacos with all the	Chicken Stir-fry with	Grilled cheese on
chicken fingers with	beef sauce, spring	fixings, tortilla chips,	whole wheat noodles,	whole wheat bread
roasted potatoes and	mixed salad and fruit	salsa and fruit	spring mixed salad &	with raw vegetables
fruit			fruit	and fruit
V: Vegetarian nuggets	V: Fusilli with tomato	V: Veggie Fajitas,	V: Vegetable Stir-fry	V: Grilled cheese on
with roasted potatoes	sauce, spring mixed	tortilla chips, salsa &	with whole wheat	whole wheat bread
and fruit	salad and fruit	Fruit	noodles, Spring Mixed	with raw vegetables
			Salad & Fruit	and fruit
22	23	24	25	26
	Chilli with jasmine	Beef Hamburger,	Fish Sticks with mixed	Pepperoni Pizza,
	rice, raw carrots and	Pickle, Roasted	spring salad, raw	Caesar Salad & Fruit
	fruit	Potatoes & Fruit	carrots & fruit	
Victoria Day	V: Vegetarian chilli	V: Veggie Burger,	V: Vegetarian nuggets	V: Veggie Pizza, Caesar
-	with jasmine rice, raw	Pickle, Roasted	with mixed spring	Salad & Fruit
	carrots and fruit	Potatoes & Fruit	salad, raw carrots &	
			fruit	
29	30	31		
Baked white meat	Fusilli with ground	All Day Breakfast!		
chicken fingers with	beef sauce, spring	Pancakes, Eggs,		
roasted potatoes and fruit	mixed salad and fruit	Sausage, Fruit		
nult	V: Fusilli with tomato	*Vegetarian option		
V: Vegetarian nuggets	sauce, spring mixed	will not include		
with roasted potatoes	salad and fruit	sausage but will have		
and fruit	Salau aliu ITUll	extra eggs or pancakes		
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