

## FIELDSTONE SCHOOL LUNCH MENU SEPTEMBER 2023

### WEEK 1 (SEPT 5 – 8)

TUESDAY SEPT 5	
<b>OPTION A</b>	<b>OPTION B</b>
SPAGHETTI & MEATBALL WITH SALAD	GARLIC-FLAVOURED RIBS WITH STEWED TOFU
WEDNESDAY SEPT 6	
<b>OPTION A</b>	<b>OPTION B</b>
CHICKEN WRAP WITH FRIES AND FRUIT	BLACK PEPPER BEEF FILLET WITH FRUIT
THURSDAY SEPT 7	
<b>OPTION A</b>	<b>OPTION B</b>
CHEESEBURGER WITH WEDGES AND SALAD	CURRY CHICKEN CHOPS WITH FRUIT
FRIDAY SEPT 8	
<b>OPTION A</b>	<b>OPTION B</b>
RAVIOLI WITH GARLIC BREAD AND FRUIT	FRIED GIANT MEATBALLS WITH VEGGIES

- *ALL OPTION 'A' ORDERS COME WITH FREE STEAMED RICE.*
- *FOR VEGETARIAN OPTIONS, RICE OR PLAIN PASTA WILL BE SERVED.*
- *SEASONAL FRUIT & SALAD WILL BE SERVED. CANCELLATION OF ORDERS MUST BE 24 HOURS IN ADVANCE FOR A FULL REFUND.*
- *MEALS ARE 10\$ EACH.*
- **To submit your payment via e-transfer, please send it to Ms. Monica Park at [mpark@fieldstonedayschool.org](mailto:mpark@fieldstonedayschool.org)**

### WEEK 2 (SEPT 11 – 15)

MONDAY SEPT 11	
<b>OPTION A</b>	<b>OPTION B</b>
FUSILI IN CREAM WITH GARLIC BREAD AND FRUIT	PAN FRIED SAUSAGE WITH FRUIT
TUESDAY SEPT 12	
<b>OPTION A</b>	<b>OPTION B</b>
CHICKEN SOUVLAKI WITH FRIES AND SALAD	BEIJING STYLE SHREDDED MEAT WITH VEGGIES
WEDNESDAY SEPT 13	
<b>OPTION A</b>	<b>OPTION B</b>
FISH STICKS WITH ONION RINGS AND FRUIT	BRAISED BAMBOO SHEET CUTLET WITH RICE NOODLES AND FRUIT
THURSDAY SEPT 14	
<b>OPTION A</b>	<b>OPTION B</b>
LINGUINI WITH BACON & MUSHROOMS AND SALAD	FRIED SHRIMPS WITH TOMATO OMELETTE AND VEGGIES
FRIDAY SEPT 15	
<b>OPTION A</b>	<b>OPTION B</b>
CHICKEN WINGS WITH MASHED POTATOES & FRUIT	BRAISED PORK T-BONE WITH FRUIT