



## Lester B. Pearson High School Menu - October 12 to December 18, 2020

	Monday October 12 <b>Thanksgiving</b>	Tuesday October 13	Wednesday October 14	Thursday October 15	Friday October 16 <b>Covention</b>
Choice 1	<b>HOLIDAY</b>	Fish and Dip Seasonned Egg Noodles  Pick of The Day Vegetables	BBQ Chicken Leg  Potato Wedges Peas and carrots	Chinese Macaroni (Beef)  Sunrise Vegetables	<b>PED DAY</b>
Choice 2		<i><u>Discovery Menu</u></i>	Italian Meatball Roll (Beef)  Mixed Green Salad	Three Cheese Pizza  Salad	
	<b>October 19 Ped Day</b>	<b>October 20</b>	<b>October 21</b>	<b>October 22</b>	<b>October 23</b>
Choice 1	<b>PED DAY</b>	Chiken Souvlaki Platter With Tzatziki and Pilaf Rice  Sunrise Vegetables	Savory Tuna Pasta  Cocktail Vegetables	Shepherd's Pie Gravy  Garden Style Vegetables	Tomato Meatballs Pasta (Beef)  Pick of The Day Vegetables
Choice 2		Hamburger  Salad	Vegetarien Roll  Mixed Green Salad	Chicken Fajita With Salsa  Lettuce and Tomato	Chicken Ceasar Pizza  Gourmet Salad
	<b>October 26</b>	<b>October 27</b>	<b>October 28</b>	<b>October 29</b>	<b>October 30 Halloween</b>
Choice 1	Cheese Tortellini In Rosé Sauce  Whole Green Beans	Fish Lemon Herbs Seasonned Egg Noodles  Garden Style Vegetables	Chicken Pad Thaï  Pick of the day Vegetables	Crispy Coated Chicken Leg Potato Wedges  Sunrise Vegetables	Rigatoni (Beef)  Mixed Vegetables <b>Halloween Treat</b>
Choice 2	Vegetarian Quesadilla  Lettuce and Tomato	Multigrain Chicken Burger  Caesar Salad	BBQ Rib Sub  Mixed Green Salad	Taco Bowl (Beef)  Corn	Western Chiplote Pizza  Salad

	<b>Monday November 2</b>	<b>Tuesday November 3</b>	<b>Wednesday November 4</b>	<b>Thursday November 5</b>	<b>Friday November 6</b>
Choice 1	Alfredo Ziti Al Forno (Chicken)  Cocktail Vegetables	General Tao Chicken Seasoned Rice with Carrots  Garden Style Vegetables	Lasagna (Beef)  Crickled Carrots	Meatballs in Sauce Gravy Seasoned Egg Noodles Green Beans	Butter Chicken Basmati Rice  Pick of the Day Vegetables
Choice 2	Cheeseburger  Lettuce and Tomato	Gyro Pita Sandwich (Beef, Lamb)  Salad (for Gyro)	Mexican Turkey Wrap  Salad	Fish & Dip  Mixed Green Salad	Pizza Deluxe (Capicollo)  Caesar Salad
	<b>November 9</b>	<b>November 10</b>	<b>November 11</b>	<b>November 12</b>	<b>November 13</b>
Choice 1	Cheese Manicotti in Tomato Sauce  Cocktail Vegetables	Vege Frittata Oven Roasted Pot.  Sunrise Vegetables	Chicken a la Parmigiana Seasoned Egg Noodles  Garden Style Vegetables	BBQ Chicken Leg Potato Wedges  Pick of The Day Vegetables	Pot Roast (Beef) Seasoned Egg Noodles  Mixed Vegetables
Choice 2	BBQ Grilled Chicken Flatbread  Salad	Hamburger  Lettuce and Tomato	Pull Pork Sanwich  Gourmet Salad	Quesedilla De Carne  Mixed Green Salad	Greek Pizza  Salad
	<b>November 16</b>	<b>November 17</b>	<b>November 18</b>	<b>November 19</b>	<b>November 20</b>
Choice 1	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice  Sunrise Vegetables	<i><u>Discovery Menu</u></i>	Fish Roulade Seasoned Egg Noodles  Garden Style Vegetables	Shepherd's Pie Gravy  Mixed Vegetables	Cheese Tortellini in Rosée Sauce  Whole Green Beans
Choice 2	Italian Meatball Roll (Beef)  Mixed Green Salad	Multigrain Chicken Burger  Lettuce & Tomato	Taco Bowl (Beef)  Corn Salad	Vegetarian Roll  Salad	Chicken Caesar Pizza  Gourmet Salad
	<b>November 23</b>	<b>November 24</b>	<b>November 25</b>	<b>November 26</b>	<b>November 27</b>
Choice 1	Teriyaki Chicken  Mixed Vegetables	Cabbage Roll Casserole (Beef)  Pick of the day Vegetables	Macaroni and Cheese  Garden Style Vegetables	Crispy Coated Chicken Leg Potato Wedges  Sunrise Vegetables	Salisbury Steak Gravy Mashed Potatoes Peas and Carrots
Choice 2	Mixed Deli Sandwich  Caesar Salad	<sup>New</sup> Dumpling (Chicken)  <sup>New</sup> Edamame & Cabbage Salad	BBQ Turkey Burger  Gourmet Salad	Philly Steak Sub  Crudité & Dip	Three Cheese Pizza  Salad

	<b>Monday November 30</b>	<b>Tuesday December 1</b>	<b>Wednesday December 2</b>	<b>Thursday December 3</b>	<b>Friday December 4</b>
Choice 1	General Tao Chicken Seasoned Rice with Carrots  Garden Vegetables	Chicken Fajita With Salsa  Cocktail Vegetables	Alfredo Ziti Al Forno  Crickled Carrots	Turkey Roast Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce <b>Holiday Treat!</b>	Pasta Alla Bolognese (No Cheese)  Mixed Vegetables
Choice 2	BBQ Rib Sub (Beef)  Coleslaw	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Vegetarian Quesadilla  Gourmet Salad		Greek Pizza  Lettuce and Tomato
	<b>December 7</b>	<b>December 8</b>	<b>December 9</b>	<b>December 10</b>	<b>December 11</b>
Choice 1	Meatballs in Sauce Gravy Seasoned Egg Noodles Mexican Vegetables	Zesty Chicken Platter Seasoned Rice With Carrots  Pick of The Day Vegetables	Baked Spaghetti au Gratin  Sunrise Vegetables	Shepherd's Pie Gravy  Garden Style Vegetables	Butter Chicken Basmati Rice  Mixed Vegetables
Choice 2	Chicken Chipotle Wrap  Mexican Vegetables	Fish Taco Bowl  Coleslaw (for Fish Taco)	Philly Bagel (Beef)  Mixed Green Salad	BBQ Grilled Chicken Flatbread  Crudités & Dip	Mexican Pizza  Mexican Salad
	<b>December 14</b>	<b>December 15</b>	<b>December 16</b>	<b>December 17</b>	<b>December 18</b>
Choice 1	Cheese Tortellini in Rosée Sauce  Pick of The Day Vegetables	Korean Sesame Beef Basmati Rice  Sunrise Vegetables	Fish Roulade Seasoned Egg Noodles  Mixed Vegetables	Lasagna (Beef) <b>and</b> Lentil Lasagna  Crickled Carrots	Chicken Delight Mashed Potatoes  Mexican Vegetables
Choice 2	BBQ Rib Sub  Crudités & Dip	Mixed Deli Sandwich  Sunrise Vegetables	Multigrain Chicken Burger  Salad	Pulled Pork Sandwich  Lettuce and Tomato	Vegetable Pizza  Mixed Green Salad

Note: Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)