HOT LUNCI PROGRAM - Sept.MENU



Monday Tuesday Chicken Tertyaki with Whole Grain Rice and California Vegetables Wednesday Sept.11 Tuesday Sept.12 Beef Burger Potato Wedges Veggte Burger Sweet & Sour Chicken Ribe Bewl (Includes California Vegetables) Veggte Burger Potato Wedges Vegetables Vegetables Vegetables Wednesday Sept.13 Beef Meatballs with Mashed Potatos (Flavy Vegetables) Wednesday Sept.13 Beef Meatballs with Mashed Potatos (Gravy Wednesday Sept.13 Chicken Parmesan Over Rotini Pastia Power Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.25 Tuesday Sept.26 Cheese Tortellini with Tomato Sauce Power Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.25 Tuesday Sept.26 Cheese Tortellini with Tomato Sauce Power Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.25 Tuesday Sept.26 Cheese Tortellini with Tomato Veggte Meatballs with Tomato Sauce Cheese Power Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.25 Tuesday Sept.26 Cheese Tortellini with Tomato Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.25 Tuesday Sept.26 Cheese Tortellini with Tomato Veggte Mix (Edamanne, Black Bean & Corn) Cheese Power Veggte Mix (Edamanne, Black Bean & Corn) Monday Sept.27 Cheese Perogles Chicken Fried Rice	Quesadilla side Sour Cream And Salsa	(Side Sour Cream)	(includes Peas and Carrots)	side Sour Cream Power Mix Veggles	Pasta with veggie "Meatless" Sauce	Vegetarian
Monday Tuesday Sept.17 Chicken Tentyaki with Whole Grain Rice and California Cylicken Fingers with Whole Grain Rice and California Veggle Chicken Fingers with Whole Grain Rice and California Veggle Chicken Fingers with Whole Grain Rice and California Veggle Chicken Fingers with Whole Grain Rice and California Veggle Chicken Fingers with Whole Grain Rice Pout Windle Grain Rice Pout Minder Chicken Rice Pout Rice Bowl Veggle Meatballs with Mashed Potatoes, Gravy Potatoes, Gravy Peas and Carrols	Cheese	Veggie Burrito Wrap	Egg Fried Rice	Che@se Perogies	Veggle Topsy Turvý	***************************************
Monday Tuesday Chicken Tertyaki with Vinole Grain Rice and California Vegetables Tofu Tertyaki with Whole Grain Rice and California Vegetables Tofu Tertyaki with Whole Grain Rice and California Vegetables Tofu Tertyaki with Whole Grain Rice and California Vegetables Tofu Tertyaki with Whole Grain Rice and California Vegetables Sweet & Sour Chicken Ribe Polato Wedges Sweet & Sour Tofu Ribe Bowl Vegetables Vegetables Vegetables Sweet & Sour Tofu Ribe Bowl Polato Wedges Sweet & Sour Tofu Ribe Bowl With Vegetables Tuesday Sept.13 Tuesday Sept.13 Thursday Sept.14 Beef Meatballs with Mashed Polatoes, Gravy Polatoes, Gravy Feas and Carrots Garlic Power Nik Penne Power Veggte Mix (Edamame, Black Bean & Corn) Tofhato Pasta Vegetablan Burrito Bowl Whole Grain Ribe Power Veggte Mix (Edamame, Black Bean & Corn) Toftator Pasta Tuesday Sept.25 Tuesday Sept.25 Tuesday Sept.25 Wednesday Sept.27 Thursday Sept.28	Cheese Quesadilla with side Sour Cream And Salsa	Beef and Chicken Burrito Wrap (Side Sour Cream)	Chicken Fried Rice (includes Peas and Carrots)	Cheese Perogies Sour Cream	Topsy Turvy Pasta with Meat Sauce	Regular
Monday Tuesday Chicken Tellyaki with Vhole Grain Rice and California Chicken Tellyaki with Vhole Grain Rice and California Chicken Tellyaki with Vhole Grain Rice and California Chicken Tellyaki with Vhole Grain Rice Chicken Fingers with Whole Grain Rice and California Mignay Sept.11 Mignay Sept.11 Tuesday Sept.12 Wednesday Sept.13 Tofu Tenyaki with Mohe Grain Rice Chicken Fingers with Macaro Mohe Grain Rice Wednesday Sept.13 Tofu Tenyaki with Mohe Grain Rice California Mignay Sept.13 Thursday Sept.14 Polatio Wedges Sweet & Sour Chicken Ribe Beef Meatballs with Mashed Polatio Wedges and Carrols Veggle Burger Veggle Burger Sweet & Sour Tofu Rice Bowl Veggle Meatballs with Mashed Peas and Carrols With Vegetables With Vegetables Wednesday Sept.13 Thursday Sept.14 Farillo Power Mix Penne Pent Turky (Si Wednesday Sept.13 Thursday Sept.14 Farillo Power Mix Penne Pent Turky Wednesday Sept.13 Thursday Sept.14 Farillo Power Mix Penne Pent Turky Garlic Power Mix Penne Pent Turky Garlic Power Mix Penne Pent Turky (Si Wednesday Sept.14 Farillo Power Mix Penne Pent Turky Wednesday Sept.15 Total Tellini with Tomato Sauce Beef & Chicken Shepherd's Pie Moher Veggle Mix (Edamaine, Black Bean & Corn) Sauce Cheese Totallini with Tomato Sauce Black Bean & Corn) Cheese Totallini with Tomato Sauce Black Bean & Corn) Cheese Totallini with Tomato Sauce Sauce Cheese Totallini with Tomato Sauce Sauce Cheese Totallini with Tomato (Includes Peas and Corn) Mignay Sept.11 Cheese Totallini with Tomato Sauce Cheese Totallini with Tomato Sauce Cheese Totallini with Tomato Sauce	Friday Sept.29	Thursday Sept.28	Wednesday \$ept.27	Tuesday Sept.26	Monday Sept.25	Week 4
Monday Sept.10 Chicken Teriyaki with Whole Grain Rice and California Monday Sept.11 Monday Sept.11 Monday Sept.11 Tuesday Sept.12 Tuesday Sept.12 Tuesday Sept.12 Wednesday Sept.13 Totu Teriyaki with Whole Grain Rice and California Vegetables Totu Teriyaki with Whole Grain Rice Grain Rice Potato Wedges Sweet & Sour Chicken Ribe Beef Meatballs with Mashed Potato Wedges Sweet & Sour Chicken Ribe Beef Meatballs with Mashed Potatoes, Gravy Wednesday Sept.13 Thursday Sept.14 Pan Pan Chicken Parmesan over With Vegetables Cheese Tortellini with Tomato Sauce Cheese Tortellini with Tomato Cheese Tortellini with Tomato Sauce Chicken Shepherd's Pie AC Chicken Shepherd's Pie AC Chicken Shepherd's Pie AC Chicken Shepherd's Pie AC Chicken Pan Chicken Pan Cheese Tortellini with Tomato Cheese Tortellini		Veggie Grouhd Shepherd's Pie (Includes Peaß and Corn)	Cheese Tortellini with Tomato Sauce	Vegetarian Burrito Bowl Whole Grain Rice Power Veggle Mix (Edamame, Black Bean & Corn)	Tomato Pasta Parmesan Over Rotini Pasta	Vegetariän
Monday Monday	AN ANA	Beeff & Chicken Shepherd's Pie (Includes Peas and Corn)	Cheese Tortellini with Tomato Sauce	Beef Burrito Bowl Whole Grain Rice Power Veggle Mix (Edamaine, Black Bean & Corn)	Chicken Parmesan over Rotini Pasta	Regular
Monday Tuesday Chicken Teriyaki with Whole Grain Rice and Callifornia Vegetables Tofu Teriyaki with Whole Grain Rice and Callifornia Vegetables Tofu Teriyaki with Whole Grain Rice Wednesday Sept.11 Monday Sept.11 Tuesday Sept.12 Wednesday Sept.13 Thursday Sept.14 Pan Beef Burger Bewl (Includes California Vegetables) Veggie Burger Bewl (Includes California Vegetables) Vegetables) Veggie Meatballs with Mashed Potatoes, Gravy Potato Wedges Sweet & Soulr Tofu Rice Bowl With Vegetables Veggie Meatballs with Mashed Peas and Carrols (Si	Friday Sept.22	Thursday Sept.21	Wednesday Sept.20	Tuesday Sept.19	Monday Sept.18	Week 3
Monday Tuesday Chicken Teriyaki with Whole Grain Rice and California Vegetables Tofu Teriyaki with Whole Grain Rice Vegetables Tofu Teriyaki with Whole Grain Rice And California Vegetables Thursday Sept.73 Thursday Sept.74 Macaro Wednesday Sept.73 Thursday Sept.74 Beef Meatballs with Mashed Peas and Carrots (Si	Pancakes (Side Syrup)	Garlic Power Mix Penné Peas and Carrots	Veggie Meatballs with Mashed Potatoes, Gravy	Sweet & Sour Tofu Rice Bowl With Vegetables	Veggie Burger Potato Wedges	Vegetarian
Monday Sept.11 Tuesday Sept.4 Chicken Teriyaki with Whole Grain Rice and Cellifornia Vegetables Tofu Teriyaki with Whole Grain Rice Vegetables Tofu Teriyaki with Whole Grain Rice Whole Grain Rice and California Vegetables Tuesday Sept.12 Wednesday Sept.13 Thursday Sept.14	Pancakes with Turkey Sausages (Side Śyrup)	Garlic Chicken Penne Peas and Carrots	Beef Meatballs with Mashed Potatoes, Gfavy	Sweet & Sour Chicken Ribe Bowl (Includes California Vegetables)	Beef Burger Potato Wedges	Regular
Monday Tuesday Chicken Teriyaki with Whole Grain Rice and California Vegetables Tofu Teriyaki with Whole Grain Rice and California Vegetables Veggie Chicken Fingers with Whole Grain Rice Whole Grain Rice	Friday Sept.15	Thursday Sept.14	Wednesday Sept.13	Tuesday S≱pt.12	Monday Sept.11	Week 2
Monday Tuesday Sept.6 Thursday Sept.7 Chicken Teriyaki with Whole Grain Rice and California Grain Rice Vegetables	Macaroni and Cheese	Veggie Chicken Fingers with Whole Grain Rice	Tofu Teriyaki with Whole Grain Rice and California Vegetables			Vegetarian
Monday Tuesday Wednesday Sept.6 Thursday Sept.7	Wagaroh Pand Cheese	Chicken Fingers with Who	Chicken Teriyaki with Whole Grain Rice and Callfornia Vegetables			Regular
	Friday Sept.8	Thursday Sept.7	Wednesday Sept.6	Tuesday	Monday	Week 1

Our Lunch Lady Mission:

Prepared with care in inspected nut free facilities.

contact the Lunch Lady as we have other options available.

Gluten free, dairy free, egg free and any allergy concerns please

8

•



4446 Watling Street
Burnaby BC V5J 5H3

Tel:

604-296-9062

Fax:

604-296-9063

June-28, 2023

Dear Parents/Guardians:

On the back of this letter is the menu for September 6-29th, 2023

the School Meal Program needs your support. The cost of the lunch program for this period is \$70.00. The \$70 program cost is the same every month (despite the varying school-days per month) because the cost is averaged over the entire school year. On field trip days, students participating in the School Meal Program will be provided with a bag lunch consisting of a sandwich, apple and a juice box.

Recember

New

- 1. Pay online. Go to https://Burnaby.schoolcashonline.com –If paying online Check off "paid online" on EACH CHILD'S lunch envelope. NOTE ENVELOPE MUST STILL BE HANDED IN ON TIME. Online payments can be made until Sunday September 10 2023 Midnight
- 2. Pay by cheque. Make payable to South Slope Elementary School and print your child's name and division on the front of the cheque. NO-POST-DATED cheques please.
- 3. Pay by cash. Exact change only.

ALL ENVELOPES-MUST BE SIGNED AND SEALED. Every child must have their own envelope to participate in the lunch program.

Please note: We cannot guarantee that all food prepared for the meal program isdone in a "nut free" environment, or that any or all ingredients are free from contact with nuts or nut products. Parents please note that on some occasions Pork and Beef are served. We do not substitute lunch for those days and if for religious reasons the child cannot have our lunches please provide one for them.

Sincerely,

Sonia Maglio Principal Please return the <u>signed and sealed</u> envelope to the school by **noon** on:

MONDAY September 11, 2023 Noon

We cannot accept any late orders There will be no exceptions.

