

## Lunch Menu October

v) vegetarian

	<b>1 Tue</b>	<b>2 Wed</b>	<b>3 Thur</b>	<b>4 Fri</b>
	Pineapple rice with vegetable, apple sauce, string cheese, fruit	Fried curry noodle with veggies, fruit, string cheese	Seaweed and rice, fried tofu, veggies, fruit, string cheese	Home made pizza with veggies, fruit
<b>7 Mon</b>	<b>8 Tue</b>	<b>9 Wed</b>	<b>11 Thur</b>	<b>12 Fri</b>
Mini turkey cheese burger, veggies, fruit V) Fried tofu & rice	Fried rice with veggies, string cheese, fruit	Jam sandwiches, fish stick, vegetable, fruit, apple sauce, v) Edamame	Mac & cheese, vegetable, fruit, chicken nugget, V) Edamame	Cheese quesadilla, vegetable, fruit, chicken nugget, V)string cheese
<b>14 Mon</b>	<b>15 Tue</b>	<b>16 Wed</b>	<b>17 Thur</b>	<b>18 Fri</b>
Green pesto pasta, vegetable, fruit, chicken nugget, V) Edamame	Cream Pasta, vegetable, fruit, chicken nugget, V) Edamame	Potato & carrot sandwiches, fruit, string cheese	Teriyaki chicken and rice, Apple sauce, veggies, fruit V) Fried tofu	Field Trip
<b>21 Mon</b>	<b>22 Tue</b>	<b>23 Wed</b>	<b>24 Thur</b>	<b>25 Fri</b>
Seaweed and rice, fried tofu, veggies, fruit, string cheese	Cheese quesadilla, vegetable, fruit, chicken nugget, V)string cheese	Chicken curry rice with veggies, fruit V) string cheese	Red pasta, vegetable, fruit, chicken nugget V) String cheese	Home made pizza by me with veggies, fruit
<b>28 Mon</b>	<b>29 Tue</b>	<b>30 Wed</b>	<b>31 Thur</b>	
Fried tofu and rice, apple sauce, fish stick, veggies	Rice ball, potato, carrot macaroni salad, fish stick, fruit V)edamame	Cream cheese sandwiches, veggies, fruit	Halloween Party	