

January RCS Canteen Menu

Full Meal \$6.50	Medium Meal \$4.50	Soup \$3.50	Dessert \$1.75	Salad \$6.50
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Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break

Salad of the week:

6	7	8	9	10
Taco in a Bag <u>Soup</u> Cream of Tomato <u>Dessert</u> Chocolate Chip Cookies	Pork Souvlaki with Rice or Greek Salad <u>Soup</u> Creamy Dill Pickle <u>Dessert</u> Puffed Wheat Squares	Pizza <u>Soup</u> Beef Vegetable <u>Dessert</u> Chocolate brownie	Spaghetti with Meat Sauce and Garlic Toast <u>Soup</u> Chicken Noodle <u>Dessert</u> Peach and Custard Tarts	Chicken Quesadilla with Corn Chips <u>Soup</u> Tortilla <u>Dessert</u> Strawberry Puffs

Salad of the week: Japanese Cabbage Salad with Teriyaki Chicken

13	14	15	16	17
Chicken Burger with Fries Cheeseburger with Fries <u>Soup</u> Hamburger Cabbage <u>Dessert</u> Lemon Meringue Tarts	Teriyaki Meatballs with Rice <u>Soup</u> Roasted Bell Pepper <u>Dessert</u> Smarties Cookies	Pizza <u>Soup</u> Cream of Spinach and Chicken <u>Dessert</u> Homemade Oreos	Chicken Bacon Ranch Wrap with Potato Chips <u>Soup</u> French Onion <u>Dessert</u> Rice Krispie Squares	Beef Stroganoff with Noodles and garlic toast <u>Soup</u> Minestrone <u>Dessert</u> Banana Caramel Crepes

Salad of the week: Tuscan Chicken and Chickpea Salad

20	21	22	23	24
Chicken Alfredo with Garlic Toast <u>Soup</u> Butternut Squash <u>Dessert</u> Sprinkle Donuts	Clubhouse Sub Sandwich with Fries <u>Soup</u> Lentil and Bacon <u>Dessert</u> Banana Chocolate Chip Cupcake	Pizza <u>Soup</u> Cream of Potato and Leek <u>Dessert</u> Apple Turnovers	Butter Chicken with Rice and Naan Bread <u>Soup</u> Cream of Celery <u>Dessert</u> Double Chocolate Cookies	Mild Beef Chili Cheese Fries <u>Soup</u> Chicken Rice <u>Dessert</u> Churros with Mexican Chocolate Sauce

Salad of the week: Chicken Shawarma Salad

27	28	29	30	31
Chicken Tenders with Caesar Salad <u>Soup</u> Summer Borscht <u>Dessert</u> Strawberry Mousse Cake	Roast Beef with Mashed potatoes <u>Soup</u> Thai Chicken <u>Dessert</u> Carrot Cake	Pizza <u>Soup</u> Beef Barley <u>Dessert</u> Butterscotch Chip Cookies	Sausage and Perogies <u>Soup</u> Loaded Potato <u>Dessert</u> Worms and Dirt	Chicken Salad Sandwich with Fries <u>Soup</u> Cream of Broccoli <u>Dessert</u> Sticky Toffee Pudding

Salad of the week: Thai Chicken Salad

Daily Canteen Items

Meals		Beverages	
Full Meal	\$6.50	Juice Box	\$1.00
Medium Meal	\$4.50	Water	\$1.00
Hot Dog	\$3.25	Small White Milk	\$1.00
Noodle Bowl	\$3.50	Small Chocolate Milk	\$1.00
Pizza Pop - each	\$2.00	Large White Milk	\$1.50
Soup and Crackers	\$3.50	Large Chocolate Milk	\$1.50
Grilled Cheese Sandwich	\$2.75	Iced Tea	\$1.50
Salad of the Week	\$6.50	Pop – High School Students Only	\$1.50 + GST
Chicken Caesar Wrap	\$6.00	Gatorade – High School Students Only	\$2.00 + GST
Dessert of the Day	\$1.75		
Snacks			
Fresh Fruit (Apple, Orange or Banana)	\$0.75	Hummus and Crackers	\$2.50
Carrots and Ranch Dip	\$1.50	Chips and Homemade Salsa	\$2.50
Cheese Strings	\$0.75	Yogurt	\$1.00
Ritz Crackers	\$1.00	Gold Fish	\$1.00
Granola Bar	\$0.75 + GST	Fruit Snacks	\$0.75 + GST
Famous Amos Cookies	\$1.00 + GST	Assorted Chips	\$1.50 + GST
Assorted Chocolate Bars	\$1.50 + GST	Swirl World Frozen Yogurt	\$3.25

Daily Deal	
K to Grade 8	High School
<p>Grilled Cheese Sandwich Choice of Juice Box or Small Milk Choice of Yogurt or Carrots and Dip</p> <p>\$5.00</p>	<p>Grilled Cheese Sandwich A bag of Chips Choice of Large Milk or Pop</p> <p>\$5.50</p>