

March 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
3	4	5	6	7
Chicken Alfredo with Garlic Toast <u>Soup</u> Borsch <u>Dessert</u> Chocolate Brownies	Beef Stir-fry with Rice <u>Soup</u> Cream of Broccoli <u>Dessert</u> Rice Krispy Squares	Teriyaki Meatballs with Rice <u>Soup</u> Chicken Noodle <u>Dessert</u> Churros with Chocolate Sauce	<u>Pizza</u> <u>Soup</u> Butternut Squash <u>Dessert</u> Pavlova	Chicken Bacon Ranch Wrap with Fries <u>Soup</u> Jalapeno Cheddar <u>Dessert</u> Banana Chocolate Cupcakes

Salad of the week: Caesar Salad

10	11	12	13	14
Pizza Grilled Cheese with Chips or Soup <u>Soup</u> Cream of Tomato <u>Dessert</u> Worms and Dirt	Butter Chicken with Rice and Naan <u>Soup</u> Lentil and Bacon <u>Dessert</u> Smarties Cookies	Baked Lasagna with Garlic Toast <u>Soup</u> Summer Borscht <u>Dessert</u> Lemon Merengue Tarts	<u>Pizza</u> <u>Soup</u> Cream of Carrot and Curry <u>Dessert</u> Mexican Tres Leches Cake	Chicken Finger and Fries <u>Soup</u> Thai Chicken <u>Dessert</u> Apple Turnover

Salad of the week: Buffalo Chicken Salad

17	18	19	20	21
Clubhouse Wrap with Carrots and Dip <u>Soup</u> Loaded Baked Potato <u>Dessert</u> Banana Caramel Crepes	Mac and Cheese with Chicken <u>Soup</u> Cream of Celery <u>Dessert</u> No-Bake Pineapple Coconut Cheesecake	Greek Chicken Pita with Caesar Salad <u>Soup</u> French Onion Soup <u>Dessert</u> Double Chocolate Cookies	<u>Pizza</u> <u>Soup</u> Chicken Barley <u>Dessert</u> Strawberry Tarts	Fish and Chips with Coleslaw <u>Soup</u> Tortilla Soup <u>Dessert</u> Oreo Truffles

Salad of the week: Greek Chicken Salad

24	25	26	27	28
Beef and Cheese Burrito with Corn Chips <u>Soup</u> Greek Chicken <u>Dessert</u> Chocolate Mousse Cake	Beef Stroganoff with Garlic Toast <u>Soup</u> Hamburger Cabbage <u>Dessert</u> Sprinkle Donuts	Pork Souvlaki With Rice or Greek Salad <u>Soup</u> Corn Chowder <u>Dessert</u> Chocolate Chip Cookies	<u>Pizza</u> <u>Soup</u> Creamy Beef taco <u>Dessert</u> Strawberry Shortcake	<u>PD Day</u>

Salad of the week :BLT Salad

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Spaghetti with Meat Sauce and Garlic Toast <u>Soup</u> Minestrone <u>Dessert</u> Vanilla Cupcakes				

Salad of the week: Chicken Shawarma

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
Grilled Cheese Sandwich Choice of Juice Box or Small Milk Choice of Yogurt or Carrots and Dip \$5.00	Grilled Cheese Sandwich A bag of Chips Choice of Large Milk or Pop \$5.50