

# November RCS Canteen Menu

<b>Full Meal</b> \$6.50	<b>Medium Meal</b> \$4.50	<b>Soup</b> \$3.50	<b>Dessert</b> \$1.75	<b>Salad</b> \$6.50
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Monday	Tuesday	Wednesday	Thursday	Friday
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				Chicken Bacon Ranch Wrap with Chips <u><b>Soup</b></u> Cream of Broccoli <u><b>Dessert</b></u> Lemon Tarts

***Salad of the week: Chicken Shawarma Salad***

4	5	6	7	8
Mac and Cheese with Grilled Chicken <u><b>Soup</b></u> Tortilla <u><b>Dessert</b></u> Strawberry Mousse Cake	Pork Souvlaki with Rice or Greek Salad <u><b>Soup</b></u> Chicken Noodle <u><b>Dessert</b></u> Chocolate Brownies	<b>Pizza</b> <u><b>Soup</b></u> Borscht <u><b>Dessert</b></u> Puff Wheat Squares	Pilled Pork Sandwich with Carrots and Ranch <u><b>Soup</b></u> Loaded Baked Potato <u><b>Dessert</b></u> Homemade Oreos	<b>PD DAY</b>  <b>NO SCHOOL</b>

***Salad of the week: Chicken Dill Pickle***

11	12	13	14	15
<b>REMEMBRANCE DAY</b>  <b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>Pizza</b> <u><b>Soup</b></u> Cream of Potato and Leek <u><b>Dessert</b></u> Churro Bites with Dulce de Leche	Butter Chicken with Rice and Naan Bread <u><b>Soup</b></u> Summer Borscht <u><b>Dessert</b></u> Lemon Blueberry Muffins	Chicken Burger w/Fries Cheese Burger w/Fries <u><b>Soup</b></u> Jalapeno Cheddar <u><b>Dessert</b></u> Butter Tarts

***Salad of the week: Taco Salad with Beef***

18	19	20	21	22
Taco in a Bag <u><b>Soup</b></u> Creamy Chicken Noodle <u><b>Dessert</b></u> No-Bake Cherry Cheesecake	Chicken Quesadilla with Caesar Salad <u><b>Soup</b></u> Dill Pickle <u><b>Dessert</b></u> Carrot Cake	<b>Pizza</b> <u><b>Soup</b></u> Beef Vegetable <u><b>Dessert</b></u> Oreo Truffles	Teriyaki Meatballs with Rice <u><b>Soup</b></u> Cream of Mushroom <u><b>Dessert</b></u> Coffee Cake	Spaghetti with Meat Sauce and Garlic Toast <u><b>Soup</b></u> Italian Wedding <u><b>Dessert</b></u> Chocolate Chip Cookies

***Salad of the week: Cobb Salad***

25	26	27	28	29
Club House Wrap with Chips <u><b>Soup</b></u> Beef Barley <u><b>Dessert</b></u> S'mores Squares	Chicken Salad Sandwich with Fries <u><b>Soup</b></u> Cream of Tomato <u><b>Dessert</b></u> Double Chocolate Cookies	<b>Pizza</b> <u><b>Soup</b></u> Chicken Rice <u><b>Dessert</b></u> Worms and Dirt	Chicken Taco Bowl with Mexican Rice <u><b>Soup</b></u> Hamburger Cabbage <u><b>Dessert</b></u> Sprinkle Donuts	Chicken Caesar Wrap with Chips <u><b>Soup</b></u> Cream of Celery <u><b>Dessert</b></u> Chocolate Chip Cookies

***Salad of the week: Chicken Caesar 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>