<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch Menu</th>
</tr>
</thead>
</table>
| 5     | Chickpea salad wrap  
Roasted carrots  
Cucumbers  
Oatmeal raisin cookies |
| 6     | Chicken pesto pasta  
Seasonal vegetables  
Fruit |
| 7     | Crispy whitefish  
French fries  
Cole slaw  
Melon medley |
| 8     | Meatball subs  
Kale Caesar salad  
Green beans  
Salad  
Mixed greens salad  
Carrot cake |
| 9     | Turkey shepherd’s pie  
Broccoli  
Mixed greens salad  
Carrot cake |
| 12    | Turkey shepherd’s pie  
Broccoli  
Mixed greens salad  
Carrot cake |
| 13    | Pork stir-fry  
Lo Mein noodles  
Stir fry vegetables  
Cheesecake cups |
| 14    | Sweet potato enchilada  
Curtido  
Corn  
Fruit |
| 15    | Chicken noodle soup casserole  
Seasonal vegetables  
Pear wedges |
| 16    | Lemon whitefish  
Couscous salad  
Zucchini  
Butternut squash brownies |
| 19    | Vegetarian curry  
Rice  
Granola bars |
| 20    | Pizza turnovers  
Sweet potato fries  
Caesar salad  
Pineapple |
| 21    | Tuna casserole  
Kale salad  
Fruit crumble |
| 22    | Turkey burger drumsticks  
Roasted potatoes  
Vegetable medley  
Apple wedges |
| 23    | Chicken ranch wrap  
Glazed root vegetables  
Fruit |
| 26    | Beef Bolognese  
Whole wheat rotini  
Mixed greens salad  
Apple sauce |
| 27    | Pork schnitzel  
Potato salad  
Braised cabbage  
Poached pears |
| 28    | Vegetarian chili  
Cornbread  
Fruit salad |
| 29    | BBQ chicken drumsticks  
Potato wedges  
Vegetables and dip  
Fruit turnovers |
| 30    | Coconut whitefish  
Quinoa salad  
Roasted vegetables  
Pumpkin loaf |