

# WELCOME Mission Central!!

## APRIL 15 to April 30 2024



Week 1	Monday 04/15	Tuesday 04/16	Wednesday 04/17	Thursday 04/18	Friday 04/19
<b>Regular</b>	French Toast Yogurt Apple Slices Syrup	NO SERVICE	Teriyaki Chicken Noodle Bowl with California Vegetables	NO SERVICE	Pancakes with Turkey Sausages Apple Slices Yogurt
<b>2<sup>nd</sup> Choice</b>	Chicken Fingers with Rice and Corn Plum Sauce		Buttery Parmesan Pasta with Power Veggie Mix		Chicken Burger Fresh Veggies and Dip
<b>Vegetarian</b>	French Toast Yogurt Apple Slices Syrup		Teriyaki "Chick'n" Noodle Bowl with California Vegetables		Veggie Burger Fresh Veggies and Dip
<b>Halal Friendly</b>	Halal Chicken Fingers with Rice and Corn Plum Sauce		Halal Teriyaki Chicken Noodle Bowl with California Vegetables		Pancakes (2) Yogurt Apple Slices Syrup
Week 2	Monday 04/22	Tuesday 04/23	Wednesday 04/24	Thursday 04/25	Friday 04/26
<b>Regular</b>	Butter Chicken with Rice and Peas	NO SERVICE	Cheeseburger Pasta  Fresh Veggies and Dip	NO SERVICE	Mac and Dogs Fresh Cucumbers and Dip
<b>2<sup>nd</sup> Choice</b>	Sunshine Sandwich (egg and cheese) Fresh Fruit		Bagel with Cream Cheese Fresh Veggie and Dip		Chicken Breast Ranch Wrap Made with cucumbers and lettuce
<b>Vegetarian</b>	Butter Chickpeas with Rice and Peas		Veggie Cheese "Burg'r" Pasta Fresh Veggies and Dip		Macaroni and Cheese Fresh Cucumbers and Dip
<b>Halal Friendly</b>	Sunshine Sandwich (egg and cheese) Fresh Fruit		Bagel with Cream Cheese Fresh Veggie and Dip		Halal Chicken Breast Ranch Wrap made with cucumbers and lettuce



Served by Jennifer [jennifer@thelunchlady.ca](mailto:jennifer@thelunchlady.ca)  
order anytime with 2 school days' notice

theLunchLady.ca

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Week 3	Monday 04/29	Tuesday 04/30			
<b>Regular</b>	Panwich (egg and cheese) Fresh Fruit Syrup	NO SERVICE			
<b>2<sup>nd</sup> Choice</b>	Chicken Fried Rice Mini Spring Roll Plum Sauce				
<b>Vegetarian</b>	Veggie Fried Rice with Egg Mini Spring Roll Plum Sauce				
<b>Halal Friendly</b>	Halal Chicken Fried Rice Mini Spring Roll Plum Sauce				



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