



# PYTHAGORAS ACADEMY

## LUNCH MENU

**NOVEMBER 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
	<i>Italian Meatballs with Mashed Potatoes and Green Salad</i>	<i>Curry Beef with Diced Potatoes, Dinner Roll and Broccoli</i>	<i>Chicken Steak on Rice with Steamed Vegetables</i>	<i>Chicken Fingers with Fries and Coleslaw Salad</i>
7	8	9	10	11
<i>Spaghetti with Turkey Meatballs and Green Salad</i>	<i>Teriyaki Chicken on Rice with Taiwanese Cabbage</i>	<i>Gyoza with Steamed Vegetables and Miso Soup</i>	<i>Back Ribs with Mashed Potatoes and Steamed Broccoli</i>	<b>REMEMBRANCE DAY</b>
14	15	16	17	18
<i>Homemade Mac and Cheese with Beef Wieners and Broccoli</i>	<i>Potato and Leek Frittata and Mixed Salad</i>	<i>Chicken Drumsticks with Fried Rice and Corn Soup</i>	<i>Asian Mix Vegetables Stir Fry with Chicken and Tofu on Rice</i>	<i>Cowboy Sirloin Steak with Mashed Potatoes and Corn</i>
21	22	23	24	25
<i>Penne with Meat Sauce and Mixed Green Salad</i>	<i>Chicken Souvlaki on Rice and Greek Salad</i>	<i>Beef Stew with Dinner Roll and Green Salad</i>	<i>BBQ Chicken with Potato Wedges and Cherry Tomatoes</i>	<i>Chicken Cordon Bleu with Potato Tater Tots and Broccoli</i>
28	29	30		
<i>Meat Lasagna and Green Salad</i>	<i>Butter Chicken with Basmati Rice and Mixed Greens Salad</i>	<i>Beef &amp; Veggies Japchae Noodles and Vegetable Soup</i>		