

# Dr. JH Gillis Regional High School Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	September 6-9 September 26-30 October 17-21 November 7 – 11 Nov 29 – Dec 2 December 19-23 January 16-20	Baked Macaroni and Cheese Served with Side Salad and Roll \$5.10	Chicken Fajita on WW Tortilla with Mexican Rice \$5.10	Oven Baked Nacho Flat Bread Roll. Served with a Side Salad \$5.10	Hot Chicken Bowl with Mashed Potatoes and Veggies \$5.10	Breakfast Bowl with Hash Browns, Scrambled Eggs, Cheese and Ham with a side of Fruit \$5.10
	September 12-16 October 3 - 7 October 24-28 November 14-18 December 5 -9 January 2-6 January 23-27	Spaghetti with Meat Sauce or Marinara Sauce. Served with Side Salad and Garlic Breadstick \$5.10	Sweet and Sour Meatballs, served over Noodles or Rice, with Stir Fried Veggies \$5.10	Chicken Quesadilla With Mexican Rice and Side Salad \$5.10	Pulled Pork on a Kaiser Served with Baked Potato Sticks \$5.10	BBQ Chicken Flat Bread with a side Salad 5.10
	September 19-23 October 10-14 Oct. 31 – Nov. 4 November 21-25 December 12-16 January 9-13 Jan 30 – Feb 3	Fettucine Alfredo. Served with Side Salad and Garlic Breadstick \$5.10	Homemade Shepherd's Pie served with Tossed Salad and Roll \$5.10	<b>Featured Special!</b> Check with your cafeteria staff to find out what's next!	Chicken Parmesan Wrap with a side Salad \$5.10	2 Soft Beef Tacos served with Mexican Rice and Corn \$5.10
<b>Daily Favourites</b>	<b>Hot Subs</b> 6" Hot Meatball Sub  \$4.50	<b>Burger Bonanza!</b> Homemade Beef or Breaded Chicken with choice of Toppings  \$4.75 - \$5.25	<b>Baked Potato Bar</b> Baked Potato topped with your choice of Cheese, Butter, Salads, Sour cream and chives  \$3.25	<b>Hot Panini</b> Grilled cheese Panini Sandwich  \$4.25	<b>Hot Topped Grill</b> Grilled Chicken Caesar Salad. Large Meal size Salad  \$6.50	
		Hamburger Pizza \$3.25	BBQ Chicken Pizza \$3.25	Panzerotti \$4.75	French Bread Pizza \$2.50	Donair Pizza \$3.25
<b>Daily Grab &amp; Go</b>	<i>Thai Chicken Wrap</i> \$5.25	<i>BLT Wrap</i> \$4.50	<i>Hummus and Veggie Wrap</i> \$3.50	<i>Turkey and Swiss on a Kaiser</i> 5.25	<i>Ham and Cheddar on a Bagel</i> \$5.00	

**A variety of home style soups with fresh and frozen vegetables, low sodium bases, lean meats and loaded with flavor!**