

# The Kitchenstead

MEAL PREPARATION CATERING

## SEPTEMBER 2023 LUNCH MENU NORTHMOUNT SCHOOL

	MON	TUE	WED	THU	FRI
<b>WEEK 1</b>	4 <i>LABOUR DAY Holiday</i>	5 Oven-Roasted Chicken with Yogurt Sauce	6 TexMex Lasagna (Beef)	7 Pasta with Turkey Sausage & Peppers	8 Cheeseburger Sliders
<b>WEEK 2</b>	11 Pasta Bechamel  <i>Gr. 8 Camp</i>	12 Beef Meatloaf  <i>Grades 7 &amp; 8 Camp</i>	13 Chicken Fajitas  <i>Grades 4-8 Camp</i>	14 Pasta Bolognese  <i>Grades 4-8 Camp</i>	15 <i>JK-3 Field Trip No lunch service.</i>
<b>WEEK 3</b>	18 Pasta Ragu	19 Butter Chicken	20 Beef Chilli	21 Pasta Margherita	22 Meatball Sandwich
<b>WEEK 4</b>	25 Stir-fried Chicken with Noodles	26 Korean Beef Rice Topping	27 Chicken Burrito	28 Beef Lasagna	29 <i>Pizza Day (c/o NMSPA)</i>

### Please note:

*All meals are served with a small nut-free dessert.*

*Although our menus are prepared with care and consideration, on occasion and without prior notice, it may be necessary to change a menu item due to circumstances beyond our control.*

*In general, we do not issue refunds for purchased meals missed due (but not limited) to: weather-related school closure, student absence or student's preference not to receive lunch service.*



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