

The Kitchenstead

MEAL PREPARATION CATERING

OCTOBER 2023 LUNCH MENU NORTHMOUNT SCHOOL

	MON	TUE	WED	THU	FRI
WEEK 1	2 Beef Stroganoff	3 Chicken Stew in Tomato Sauce	4 Beef Tacos	5 Creamy Pesto Pasta	6 <i>Professional Development Day</i> <i>No school</i>
	WEEK 2	9 <i>Thanksgiving</i> <i>No school</i>	10 Beef Pot Roast	11 Chicken Chowder	12 Spaghetti with Meatballs
WEEK 3	16 Pasta Marinara	17 Chicken Teriyaki	18 Beef Burritos	19 Chicken Lasagna	20 Cheeseburger Sliders
WEEK 4	23 Pasta Bechamel	24 Beef Meatloaf	25 Chicken Fajitas	26 Pasta Bolognese	27 Chicken Caesar Wrap
LAST DAYS	30 Pasta Ragu	31 <i>Pizza Day</i> <i>(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.*



thekitchenstead.ca