

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	Pulled Pork Sandwich Chips	Chicken Tikka Masala Rice	Breakfast Bake with Eggs, Ham and Cheese	Crunchy Chicken Strips Veggie	Cheesy Alfredo Tuna Pasta	
9	10	11	12	13	14	15
	Shredded Beef and Rice Bowl	Pesto Pasta with Chicken	Ham and Cheddar Sub Sandwich Chips	Pizza Burgers Chips	Cheese Ravioli Caesar Salad	
16	17	18	19	20	21	22
	Pulled Pork Sandwich Chips	Chicken Tikka Masala Rice	Breakfast Bake with Eggs, Ham and Cheese	Crunchy Chicken Strips Veggie	No School	
23	24	25	26	27	28	29
	No School	Pesto Pasta with Chicken	Ham and Cheddar Sub Sandwich Chips	Pizza Burgers Chips	Cheese Ravioli Caesar Salad	
30	31	1	2	3	4	5
	Pulled Pork Sandwich Chips					

