



## St. Mary's Education Centre - Menu 2010/2011 (SUBJECT TO CHANGE)

Menu Dates		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1:</b> Sep 20 -24 Oct 4 - 8 Oct 18 - 22 Nov 1 - 5 Nov 15 - 19 Nov 29 - Dec 3 Dec 13 - 17 Jan 10 - 14 Jan 24 - 28 Feb 7 - 11 Feb 21 - 25 March 7 - 11 March 28 - April 1 April 11 - 15 April 25 -29 May 9 - 13 May 23 -27 June 6 - 10 June 20 - 24	 BALANCED CHOICES <i>for a healthy lifestyle</i>	Spaghetti and Meat Sauce with Low fat Cookie \$3.50 Add a side Salad for \$1.25	Lean Hamburger with Lettuce, and Tomato served with Side of Carrot Sticks \$3.50 Add a Baked potato for \$1.25	Grilled Cheese Sandwich with Home Made Soup \$3.50 Add Veggie and dip bag for \$1.00	Soft Beef Taco with Rice and Milk \$3.50 Add a Side Salad for \$1.25 1 Taco - \$2.10 2 Taco's - \$3.75	1/2 Pizza Slide with Veggie sticks and Dip \$3.50
	<b>CRAZY SPECIALS</b>	<b>MONDAY MADNESS:</b> 3 Multigrain Chicken Nuggets with Wedges or Smart Fries \$3.60	<b>TOONIE TUESDAY:</b> Egg and Cheese Breakfast Sandwich on WW English Muffin \$2.00 Add Veggies and Low Fat Dip \$1.00	<b>WACKY WEDNESDAY:</b> Grilled chicken Mini burger with Wedges or Smart Fries \$4.25	<b>THRIFTY THURSDAY:</b> 1/2 Garlic Finger with Caesar Salad \$3.50 Whole round on it's own \$3.25	<b>FREAKY FRIDAY:</b> Open Faced Hot Turkey Sandwich with Mashed Potato and Fresh Carrot coins \$4.25
	<b>Also Available</b>	Egg Salad Sandwich \$2.55	Turkey and Swiss Sandwich \$3.50	Chicken Salad Sandwich \$2.65	Ham and Cheese Sandwich \$2.90	Tuna Salad Sandwich \$2.65
<b>Week 2:</b> Sep 13 - 17 Sep 27 - Oct 1 Oct 11 - 15 Oct 25 - 29 Nov 8 - 12 Nov 22 - 26 Dec 6 - 10 Jan 4 - 7 Jan 17 - 21 Jan 31 - Feb 4 Feb 14 - 18 Feb 28 - March 4 March 21 - 25 April 4 - 8 April 18 -22 May 2 - 6 May 16 -20 May 30 - June 3 June 13 - 17	 BALANCED CHOICES <i>for a healthy lifestyle</i>	Spaghetti and Meatballs with Low Fat Cookie \$3.50 Add a side Salad for \$1.25	Chicken Snack Wrap with Pudding Cup \$3.50	Macaroni & Cheese with Low Fat Cookie \$3.50 Add a side Salad for \$1.25	Soft Beef Taco with Rice and Milk \$3.50 Add a Side Salad for \$1.25 1 Taco - \$2.10 2 Taco's - \$3.75	Small Slice 3 Cheese Pizza with Veggie sticks and Dip and 4 oz Pudding Cup \$3.50
	<b>CRAZY SPECIALS</b>	<b>MONDAY MADNESS:</b> 3 Multigrain Chicken Nuggets with Wedges or Smart Fries \$3.60	<b>TOONIE TUESDAY:</b> Pizza Roll with Veggies and Dip \$2.00	<b>WACKY WEDNESDAY:</b> Pasta Bowl (Pasta and Sauce) with WW Breadstick \$3.00	<b>THRIFTY THURSDAY:</b> 1/2 Garlic Finger with Caesar Salad \$3.50	<b>FREAKY FRIDAY:</b> Hot Roast Beef on a bun with Mashed Potato and Corn \$4.25
	<b>Also Available</b>	Egg Salad Sandwich \$2.55	Turkey and Swiss Sandwich \$3.50	Chicken Salad Sandwich \$2.65	Ham and Cheese Sandwich \$2.90	Tuna Salad Sandwich \$2.65
	<b>Soup of the Day Available Daily</b>					

**AVAILABLE DAILY**

<b>Daily other items</b> Pizza \$1.75 & \$2.75 Fingers \$2.00 & \$2.75 Wedges \$1.75 & \$2.50	<b>Assortment of Bakery daily:</b> Low Fat Cinnamon Rolls \$1.25 WW Breadsticks \$1.25 Low fat Muffins \$0.90	Low fat Cookies \$0.60 WW Pizza Rolls \$1.25 Rice Krispie Squares \$0.75 Low Fat Loaves \$1.10	Low Fat Puddings \$1.05 Yogurt & Berry Parfaits 1.60 Fruit Cups \$1.75 Yogurt \$1.00 Apples \$1.25    Grapes \$1.25	<b>Drinks Available Daily.</b> Assorted Juices (114ml \$0.65 +355ml \$1.50 + 200m \$1. Water (500ml \$1.50 +591ml \$1.75) Chocolate Milk (250ml \$1.50) White Milk (250ml \$0.35)		
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	<b>Meal Plans - Any amount that would like to be sent in. Amounts are taken off the plan when students are buying a meal</b>
	<b>Milk Cards - White Milk 20 for \$7.00</b>