

School menu

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Lord Aylmer School (JR/SR)

2025-11-03 - 2025-11-27

	EXT RA	MENU 1	MENU 2	MENU 3	MENU 4	SANS GLUTEN
2025-11-03	Vegg ies and dip	Turkey, cheese and fine herbs sub	Rice, sautéed vegetables, meatballs	Greek pasta salad (tomatoes, cucumbers, olives) Grilled ham, cheese submarine	Chicken nuggets, roasted potatoes, vegetables Raspberry muffin	Gluten free pasta, tomato sauce (GF) (Vegan)
2025-11-05	Vegg ies and dip	Turkey, cheese and fine herbs sub	Mini pasta shells, tomato sauce (Vegan)	Pasta and vegetable salad Grilled cheddar cheese sandwich (V)	Chicken burger, roasted potatoes, vegetables Carrot Cake	Rice, sautéed vegetables, chicken (GF)
2025-11-10	Vegg ies and dip	Turkey, cheese and fine herbs sub	Rice, sautéed vegetables, meatballs	Macaroni, cheese au gratin (V)	Mixed bean salad Tacos (2), breaded chicken, cabbage, cheese Marble cake	Gluten free pasta, tomato sauce (GF) (Vegan)
2025-11-12	Vegg ies and dip	Turkey, cheese and fine herbs sub	Meatball, cheese sub	Mini penne, rosée and basil sauce with chicken, gratiné	Beef burger, roasted potatoes, veg. Oatmeal chocolate biscuit	Chana Aloo (chick peas, potatoes) with rice (Vegan) (Gluten free)
2025-11-13	Vegg ies and dip	Turkey, cheese and fine herbs sub	Fusilli, beef, vegetable sauce	Pasta and vegetable salad Grilled croissant, turkey and cheese	Pasta and vegetable salad Pizza quesadilla (turkey pepperoni, cheese) Marble cake	Gluten free pasta, beef sauce (GF)
2025-11-14	Vegg ies and dip	Turkey, cheese and fine herbs sub	Macaroni, beef sauce gratiné	Chicken drumsticks, BBQ sauce, rice, veg. (GF)	Mixed bean salad Tacos (2), breaded chicken, cabbage, cheese Banana Bread	Mexican Bowl with rice, veg. and beans (V) (GF)
2025-11-17	Vegg ies and dip	Turkey, cheese and fine herbs sub	Rice, sautéed vegetables, meatballs	Greek pasta salad (tomatoes, cucumbers, olives) Grilled ham, cheese submarine	Chicken nuggets, roasted potatoes, vegetables Raspberry muffin	Gluten free pasta, tomato sauce (GF) (Vegan)

	EXT RA	MENU 1	MENU 2	MENU 3	MENU 4	SANS GLUTEN
2025-11-19	Vegg ies and dip	Turkey, cheese and fine herbs sub	Mini pasta shells, tomato sauce (Vegan)	Pasta and vegetable salad Grilled cheddar cheese sandwich (V)	Chicken burger, roasted potatoes, vegetables Carrot Cake	Rice, sautéed vegetables, chicken (GF)
2025-11-20	Vegg ies and dip	Turkey, cheese and fine herbs sub	Bowtie pasta, creamy sauce with chicken, veg	Mini pancakes (3) with syrup (V) Fruit yogurt	Lasagna, beef sauce Healthy brownie with black beans	Gluten free pasta, beef sauce (GF)
2025-11-21	Vegg ies and dip	Turkey, cheese and fine herbs sub	Mini penne, rosé sauce (V)	Chicken drumsticks, honey garlic sauce, rice, vegetables (GF)	Pasta and vegetable salad Pizza quesadilla (turkey pepperoni, cheese) Marble cake	Mexican Bowl with rice, veg. and beans (V) (GF)
2025-11-24	Vegg ies and dip	Turkey, cheese and fine herbs sub	Rice, sautéed vegetables, meatballs	Macaroni, cheese au gratin (V)	Mixed bean salad Tacos (2), breaded chicken, cabbage, cheese Carrot Cake	Gluten free pasta, tomato sauce (GF) (Vegan)
2025-11-26	Vegg ies and dip	Turkey, cheese and fine herbs sub	Meatball, cheese sub	Mini penne, rosée and basil sauce with chicken, gratiné	Beef burger, roasted potatoes, veg. Oatmeal chocolate biscuit	Chana Aloo (chick peas, potatoes) with rice (Vegan) (Gluten free)
2025-11-27	Vegg ies and dip	Turkey, cheese and fine herbs sub	Fusilli, beef, vegetable sauce	Pasta and vegetable salad Grilled croissant, turkey and cheese	Pasta and vegetable salad Pizza quesadilla (turkey pepperoni, cheese) Banana Bread	Gluten free pasta, beef sauce (GF)