

School menu

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Lord Aylmer School (JR/SR)

2026-11-02 - 2027-01-29

	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5 (sans gluten)
2026-11-02	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Raspberry roll	Gourmet Shepherd's Pie (carrots, corn)
2026-11-04	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2026-11-05	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Healthy brownie with black beans	Egg and cheese omelette, potato bites and grilled vegetables
2026-11-09	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken burger, vegetables, potato bites Raspberry roll	Vegetarian chili with rice (V)
2026-11-11	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Banana Bread	Gluten free Chicken Alfredo
2026-11-12	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, vegetables, potato bites Healthy brownie with black beans	Vegetarian stroganoff with rice
2026-11-13	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Apple Bread	Chicken drumsticks, BBQ sauce, vegetables and rice

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2026-11-16	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Applesauce	Vegetarian stir-fry (egg and lentilles)
2026-11-18	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken burger, vegetables, potato bites Carrot Cake	Vegetarian chili with rice (V)
2026-11-19	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2026-11-20	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Healthy brownie with black beans	Egg and cheese omelette, potato bites and grilled vegetables
2026-11-23	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Apple Bread	Creamy chicken casserole with broccoli and rice
2026-11-25	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Carrot Cake	Gourmet Shepherd's Pie (carrots, corn)
2026-11-26	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Banana Bread	Gluten free Chicken Alfredo
2026-11-30	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Apple Bread	Chicken drumsticks, BBQ sauce, vegetables and rice
2026-12-02	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Chicken burger, vegetables, potato bites Carrot Cake	Vegetarian chili with rice (V)

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2026-12-03	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2026-12-04	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Healthy brownie with black beans	Chicken drumsticks, BBQ sauce, vegetables and rice
2026-12-07	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Pizza quesadilla (pepperoni, cheese) Apple Bread	Creamy chicken casserole with broccoli and rice
2026-12-09	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Spaghetti and meatballs, tomato sauce Carrot Cake	Gourmet Shepherd's Pie (carrots, corn)
2026-12-10	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Pizza quesadilla (pepperoni, cheese) Banana Bread	Gluten free Chicken Alfredo
2026-12-11	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Chicken nuggets, potato bites, vegetables Healthy brownie with black beans	Vegetarian stroganoff with rice
2026-12-14	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Spaghetti and meatballs, tomato sauce Apple Bread	Chicken drumsticks, BBQ sauce, vegetables and rice
2026-12-16	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Spaghetti and meatballs, tomato sauce Raspberry roll	Gourmet Shepherd's Pie (carrots, corn)
2026-12-17	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	Macaroni and cheese au gratin (V)	Chicken burger, vegetables, potato bites Carrot Cake	Vegetarian chili with rice (V)

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2026-12-18	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	Macaroni and cheese au gratin (V)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2027-01-06	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2027-01-07	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Healthy brownie with black beans	Egg and cheese omelette, potato bites and grilled vegetables
2027-01-08	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Apple Bread	Creamy chicken casserole with broccoli and rice
2027-01-11	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken burger, vegetables, potato bites Raspberry roll	Vegetarian chili with rice (V)
2027-01-13	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Banana Bread	Creamy chicken casserole with broccoli and rice
2027-01-14	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, potato bites, vegetables Healthy brownie with black beans	Vegetarian stroganoff with rice
2027-01-15	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Apple Bread	Chicken drumsticks, BBQ sauce, vegetables and rice
2027-01-18	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrup	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Applesauce	Vegetarian stir-fry (egg and lentilles)

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2027-01-20	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken burger, vegetables, potato bites Carrot Cake	Vegetarian chili with rice (V)
2027-01-21	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, potato bites, vegetables Banana Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)
2027-01-22	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Multicolour salad (corn, beans, vegetables) Grilled croissant, chicken and cheese Healthy brownie with black beans	Egg and cheese omelette, potato bites and grilled vegetables
2027-01-25	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Apple Bread	Creamy chicken casserole with broccoli and rice
2027-01-27	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V) Carrot Cake	Gourmet Shepherd's Pie (carrots, corn)
2027-01-28	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pizza quesadilla (pepperoni, cheese) Banana Bread	Gluten free Chicken Alfredo
2027-01-29	Chicken and cheese sub with house herbed mayo	Mini Pancakes (2) with breakfast sausage, syrop	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Chicken nuggets, vegetables, potato bites Healthy brownie with black beans	Vegetarian stroganoff with rice