

DIETARY KEY V - Vegetarian EF - Egg Free GF- Gluten Free DF- Dairy Free	Tuesday EF GF TACO TUESDAY! ground beef tacos crunchy corn shells fixings (cheese, sour cream, salsa) Fruit and Vegetable Milk	Wednesday 1 V EF DF Falafel with hummus and pita Fruit and Vegetable Milk	Thursday 2 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free available	Friday 3 V DF EF GF Roasted squash with coconut soup slipper bread Fruit and Vegetable Milk
	6 V EF Pesto Pasta Fruit and Vegetable Milk	7 V EF GF TACO TUESDAY! cheese and bean tostadas Fixings (cheese, sour cream, salsa) Fruit and Vegetable Milk	8 EF GF DF Potato and Ham Bfast Hash Fruit and Vegetable Milk	9 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free available
13 EF GF Baked potato bar Traditional fixings on the side Fruit and Vegetable, Milk *Vegetarian available	14 EF TACO TUESDAY! Carnitas (pork), cheese and bean burritos Fixings (Sour Cream, Salsa) Fruit and Vegetable Milk	15 V EF Bagels and cream cheese, Smoothies Fruit and Vegetable Milk	16 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free available	17 EF GF DF Khao Tom Gai (Thai chicken and rice soup) Fruit and Vegetable Milk
20 V EF Baked Penne with tomato sauce and mozzarella Fruit and Vegetable Milk	21 V GF EF Squash and black bean enchiladas Fixings (Sour cream, cheese, salsa) Fruit and Vegetable Milk	22 V EF GF Creamy rice porridge (Oatmeal like) Fresh berries and yogurt milk and vegetable	23 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free available	24 EF V Cream of tomato and grilled cheese Milk Fruit
27 EF V Pasta Alfredo fruit and vegetable milk	28 EF GF BYO Taco Salad ground beef, fixings, tortilla strips Lettuce, salsa	29 EF V Baked french toast fruit and vegetable milk	30 V EF Cheese Pizza Fruit and Vegetable Milk Gluten Free available	31 EF V Pumpkin Chowder Slipper Bread Fruit and Milk

October