



BAYVIEW GLEN INDEPENDENT SCHOOL WINTER MENU 2020



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 1	CLASS					
	BG2 - Gr.1	Shaved Beef Tenders Lo-Mein Noodles Baby Bok Choy	Baked Chicken Breast Strips Steamed Whole Grain Rice Sweet Corn	Whole Grain Penne Pasta Marinara Sauce Steamed Broccoli	Baked Sole Fillets Canadian Potato Wedges Petit Pois	Baked Chicken Nuggets Pasta Salad with Sun-dried Tomatoes Cool Cucumber
	Main Entrées	Thai Curry Beef Lo-Mein Noodles Baby Bok Choy	<i>(Build your own Bistro style)</i> Grilled Chicken Fajitas Sautee Bell Pepper & Onion Whole Grain Rice & Tortilla Avocado Salad	Whole Grain Penne Pasta Alfredo & Marinara Sauce Assorted Dinner Rolls Steamed Broccoli	Baked Sole Fillets Canadian Potato Wedges Dina's Tartar Sauce Petit Pois	Baked Chicken Drummy Mediterranean Pasta Salad Kale Caesar Salad
	Second Option	<i>(Suitable for Vegan)</i> Crispy Tofu Stir Fry with Broccoli & Mushroom	<i>(Suitable for Vegan)</i> Vegetable Samosas Mango Chutney	Chinese-Style Barbeque Pork Tenderloin Baby Kale with Garlic Sauce	<i>(Suitable for Vegan & Gluten Free)</i> Quinoa Tabbouleh Salad with Chickpeas Falafel	<i>(Suitable for Vegan & Gluten Free)</i> Polenta with Broccoli Rabe & Beyond Sausage
	Dessert	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt