



BAYVIEW GLEN INDEPENDENT SCHOOL WINTER MENU 2020



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 2	CLASS					
	BG2 - Gr.1	Boneless Pork Chunks Steamed Jasmine Rice Heirloom Carrots	Whole Grain Rotini Pasta Marinara Sauce Cheese Bread Stick Steamed Broccoli	Oven Baked Chicken Breast Parisienne Potatoes Crisp Green Beans	Whole Grain Fish Sticks Steamed Whole Grain Rice Petit Pois	Baked Chicken Tenders Whole Wheat Mac Salad Cool Cucumber
	Main Entrées	Boneless Pork Chunks Pineapple Ginger Sauce Jasmine Rice Antioxidant Vegetable Blend	Whole Grain Rotini Pasta Bechamel & Marinara Sauce Cheese Bread Stick Steamed Broccoli	Roasted Piri Piri Chicken Portugese Style Potatoes Crisp Green Beans	(Build your own Poke Bowl) Miso-Glazed Salmon Fillet Steamed Whole Grain Rice Assorted Fresh Green Wafu Dressing	Baked Chicken Tenders Whole Wheat Mac Salad Garden Vegetable Crudite
	Second Option	(Suitable for Vegan) Crispy Tofu Stir Fry with Udon Noodles & Garlic Sauce	Lemon Thyme Chicken Roasted Root Vegetables	Cauliflower Casserole with Gruyere Cheese & Beyond Beef Crumbles	(Suitable for Vegan) Potato Gnocchi with Beyond Sausage & Sundried Pesto	(Suitable for Vegan) Ratatouille Casserole with Courgette & Aubergine
	Dessert	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt