







Maple Ridge



November

Date	Hot Lunch	Vegetarian Lunch	Cold Lunch
Tuesday November 4	Beef Meatball Marinara on Spaghetti with Fruit	Veggie Tender Teriyaki Rice Bowl with Fruit	
Thursday November 6	Fun Lunch! Crispy Chicken Bites with Wedge Potatoes	Fun Lunch! Crispy Veggie Strips with Wedge Potatoes	
Tuesday November 11	 Remembrance Day 		
Thursday November 13		Roasted Chickpea Protein Box with a Brownie	Protein Box with a Brownie
Tuesday November 18	Fun Lunch! Pulled BBQ Chicken Burgers with Chips	Fun Lunch! Pulled BBQ Jackfruit Burgers with Chips	
Thursday November 20	Butter Chicken on Rice with Mixed Veggies	Baked Broccoli Alfredo Penne	
Tuesday November 25	Chicken Chow Mein with Fruit	Cheesy Veggie Ground Burrito Bowls with Fruit	
Thursday November 27		Roasted Pepper & Cheese Sandwich with Peach Apple Sauce & Chocolate Chip Cookie	Ham & Cheese Sandwich with Peach Apple Sauce & Chocolate Chip Cookie