

September Menu

Parrsboro Elem/ Jr/Sr High – Menu (Sept 7 – Sept 29)

Meals include 250 ml white milk.

Cheques made payable to Cumberland Schools Catering Society.

	Monday	Tuesday	Wednesday	Thursday	Friday
Special \$5.00				7 Goulash with Salad	8 Pulled Pork with Veggies
Special \$5.00	11 Chicken Noodle Soup with Biscuit	12 Pancakes with Fruit	13 Lasagna with Salad	14 Hot Chicken Burger with Veggies	15 Taco with Veggies
Special \$5.00	18 Chicken with Rice & Veggies	19 Spaghetti with Salad	20 Chicken Quesadilla with Salad	21 Corn Chowder with Biscuit	22 Chicken Nuggets with Wedges & Veggies
Special \$5.00	25 Meatballs with Rice & Veggies	26 Fish Bites with Rice & Veggies	27 Shepard's Pie	28 Mac & Cheese with Salad	29 In Service No School