



# Calgary French & International School Cafeteria Lunch Program Calendar



**THE CORE**



**MAY 2019**

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**FT = FIELD TRIP – do not order**

**\*\* New Menu item**

**\* Dessert not included as part of the Entrée**

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>FIELD TRIPS</b> <b>DO NOT ORDER</b> <i>on days your child has a fieldtrip. Please pack a bag lunch.</i>		Day 6 <b>1</b> Italian Meatball Sub & Fresh Veggies	Day 1 <b>2</b> (V) Mac & Cheese & Garden Salad  <i>*Mini Chocolate Pie</i>	Day 2 <b>3</b> (V) Asian Chicken (GF) Chopped Salad
Day 3 <b>6</b> (GF) Butter Chicken Rice & Corn	Day 4 <b>7</b> Beef Hamburger & Fresh Fruit  <i>*Snickerdoodle Cookie</i>	Day 5 <b>8</b> BBQ Pulled Pork Bunwich & Coleslaw	Day 6 <b>9</b> Chicken Strips & Fresh Veggies  <i>*Ginger Molasses Cookie</i>	Day 1 <b>10</b> Tuna Melt & Fresh Fruit/Veggies  <i>*Cinnamon Swirl Danish</i>
Day 2 <i>June Order Open</i> <b>13</b> (V) Perogies with Garden Salad  <b>FT: Gr. 7-8 Class Trips</b>	Day 3 <i>June Order Open</i> <b>14</b> (GF) Pineapple Ginger Chicken, Rice & Mixed Veggies  <i>*Chocolate Chip Cookie</i> <b>FT: Gr. 7-8 Class Trips</b>	Day 4 <i>June Order Open</i> <b>15</b> (V) Chicken Caesar Salad & Garlic bread  <b>FT: Gr. 7-8 Class Trips</b>	Day 5 <i>June Order Open</i> <b>16</b> All Beef Hot Dog & Fresh Fruit  <i>*Homemade Rice Krispy Treat</i> <b>FT: Gr. 7-8 Class Trips</b>	<i>June Order Open</i> <b>17</b> <b>PD DAY NO SCHOOL</b>  <b>FT: Gr. 7-8 Class Trips</b>
<b>VICTORIA DAY NO SCHOOL</b> <b>20</b>	Day 6 <b>21</b> (V) French Toast, Turkey Sausage & Fresh Fruit	Day 1 <b>22</b> (GF) Beef Chili Cheese Nachos  <i>*Monster Cookie</i>	Day 2 <b>23</b> (GF) Thai Chicken Curry with Rice  <b>FT: Gr. 7-8 Band Trip</b>	Day 3 <b>24</b> (V) <b>PIZZA DAY LUNCH</b> (GF) 
Day 4 <b>27</b> (V) Falafels, Naan & Fresh Veggies (GF)	Day 5 <b>28</b> Beef Quesadilla & Fresh Fruit  <i>*Double Chocolate Chip Cookie</i>	Day 6 <b>29</b> (V) Rotini Alfredo & Garden Salad	Day 1 <b>30</b> Santa Fe Wrap (Roast Beef) & Fresh Fruit  <b>** *Lime Sherbert Cups</b>	Day 2 <b>31</b> Fish Bites Rice, Mixed Veggies  <b>FT: ALL Gr. 6 Classes</b>

(GF) = Gluten Free option available. Not appropriate for Celiac. (V) = Vegetarian. Please email to advise of order [tnelson@cfis.com](mailto:tnelson@cfis.com)