

## SECORD Menu Options (September 2023 - January 2024)

Every meal comes with a mini fruit/vegetables cup (apple, baby carrot, and cucumber).

^ denotes as vegetarian meal, GF denotes as gluten friendly meal

Parents can click the **Change** button in the Main Menu to modify their orders such as "NO Ketchup", "More Rice", "Change from Beef Burger to Mac & Cheese on Jan 12", etc.

Options for ODD days (e.g. Oct 01, 03, 05, 07, etc.)		Options for EVEN days (e.g. Oct 02, 04, 06, 08, etc.)	
<b>A</b>	Mac & Cheese + Bacon Bits	<b>A</b>	Meatball Pasta + Tomato Sauce
<b>B</b>	Mac & Cheese ^	<b>B</b>	Pasta + Tomato Sauce ^
<b>C</b>	Chicken Burger + Hashbrown (ketchup packet)	<b>C</b>	Chicken Pasta + White Sauce (with carrot & onion in sauce)
<b>D</b>	Beef Burger + Hashbrown (ketchup packet)	<b>D</b>	Plain Pasta (with Olive Oil) + Vegetables ^
<b>E</b>	Beef Burger (with cheese slice) + Hashbrown (ketchup packet)	<b>E</b>	Baked Chicken Strips + Poutine Fries (ketchup packet)
<b>F</b>	Veggie Burger + Hashbrown (ketchup packet) ^	<b>F</b>	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
<b>G</b>	Bacon/Egg/Sausage Wrap + Cheese Perogies	<b>G</b>	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^
<b>H</b>	Baked Fish (breaded fish) Wrap + Cheese Perogies	<b>H</b>	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)
<b>I</b>	Baked Chicken Wrap + Cheese Perogies	<b>I</b>	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet)
<b>J</b>	Veggie Wrap + Cheese Perogies ^	<b>J</b>	Two Hot Dogs (Chicken) (ketchup & mustard packets)
<b>K</b>	Baked Cheesy Chicken Quesadillas	<b>K</b>	Hot Dog (Chicken) + Poutine Fries (ketchup & mustard packets)
<b>L</b>	Baked Cheesy Vegetarian Quesadillas ^	<b>L</b>	Indian Butter Chicken + White Rice
<b>M</b>	Veggie Dog + Poutine Fries (ketchup & mustard packets) ^	<b>M</b>	Soy Sauce Chicken + Taiwan Dry Wheat Noodles + Vegetables (soya sauce packet)
<b>N</b>	Hot Dog (Beef) + Poutine Fries (ketchup & mustard packets)	<b>N</b>	Shredded Chicken + Taiwan Dry Wheat Noodles + Vegetables (soya sauce packet)
<b>O</b>	Soy Sauce Chicken + White Rice + Vegetables	<b>O</b>	6 Chicken Dumplings + Taiwan Dry Wheat Noodles + Vegetables (soya sauce packet)
<b>P</b>	Shredded Chicken + Seasoned Rice + Vegetables GF	<b>P</b>	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ GF
<b>Q</b>	Teriyaki Chicken + White Rice + Vegetables	<b>Q</b>	5 Big Baked Fish (breaded fish) Rolls + Edamame Beans (soya sauce packet)
<b>R</b>	8 Chicken Dumplings + Vegetables (soya sauce packet)	<b>R</b>	5 Big Tamago (Egg) Rolls + Edamame Beans (soya sauce packet) ^ GF
<b>S</b>	Japanese Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) GF	<b>S</b>	5 Big California Rolls + Edamame Beans (soya sauce packet)
<b>T</b>	Japanese Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)	<b>T</b>	Ham & Cheese Sandwich
<b>U</b>	Japanese Tuna Onigiri Rice Balls + Edamame Beans (soya sauce packet) GF	<b>U</b>	Turkey & Cheese Sandwich
<b>V</b>	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread	<b>V</b>	Egg & Cheese Sandwich ^
<b>W</b>	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	<b>W</b>	Bacon & Cheese Sandwich
<b>X</b>	Greek Salad (with Feta cheese) + Pita Bread ^		