

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