



LUNCH MENU - DECEMBER 2022

Date	Lunch Offering
Thur 12/01	Tomato lasagna soup topped with a dollop of ricotta cheese, warm bread and fresh fruit
Fri, 12/02	Adeas: Falafel in pita with hummus and jasmine rice and veggies
Mon, 12/5	Veggie burger served with fries and fresh fruit
Tues, 12/6	Haddock, rice pilaf and green beans and pudding cup with berries and cream
Wed, 12/7	Cheese pizza, side salad and an ice cream bar
Thur, 12/8	Vegetable stir fry served over rice, pineapple cup
Fri, 12/9	Adeas: Homemade Chicken Fingers with potato wedges and fresh veggies
Mon, 12/12	NO SCHOOL - Professional Development
Tues, 12/13	Egg and cheese bagel sandwich , roasted potatoes and yogurt/berry cup
Wed, 12/14	Home-Made Cheese calzone pizza, carrot sticks, dipping sauce & mixed fruit cup
Thurs, 12/15	Greek salad with chickpeas/feta, warm pita and hot apple crisp
Fri, 12/16	Adeas: Hamburger with Potato wedges and fresh veggies
Mon, 12/19	Cheese quesadilla, chips and salsa, guacamole and orange slices
Tues, 12/20	Warm cinnamon french toast bake, plant based breakfast sausage and strawberry/banana cup
Wed, 12/21	Hot cheese pizza, side salad and a cupcake
Thur, 12/22	Pasta with butter and peas, warm garlic bread, a side salad and a surprise dessert !
Fri, 12/23	NO SCHOOL - Winter Break
Mon, 12/26	NO SCHOOL - Winter Break
Tue, 12/27	NO SCHOOL - Winter Break
Wed, 12/28	NO SCHOOL - Winter Break
Thur, 12/29	NO SCHOOL - Winter Break
Fri, 12/30	NO SCHOOL - Winter Break

Disclaimer: EHS is a Peanut/Tree Nut Sensitive school. This means that we make all efforts to ensure that all purchased or shared food items do not contain peanuts or tree nuts. We do not use any food items that may have a disclaimer that reads,"may contain." We do however, use food items that may have a disclaimer such as, "made in a facility or produced on shared equipment."