




City Fare November 2022 - Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10/31 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/1 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/2 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	11/3 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/4 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/5 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	11/6 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard
11/7 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	11/8 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/9 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/10 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	11/11 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/12 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/13 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise
11/14 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/15 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	11/16 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/17 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	11/18 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	11/19 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce, Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	11/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana
11/21 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	11/22 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	11/23 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	11/24 	11/25 	11/26 	11/27
11/28 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	11/29 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	11/30 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	12/1 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	12/2 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	12/3 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	12/4 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard

- All bag suppers contain 1% milk.
- All meals subject to change.