



BONNE TERRE PREPARATORY SCHOOL LTD.

Menu for January 2019



	Monday	Tuesday 08/01/19	Wednesday 09/01/19	Thursday 10/01/19	Friday 11/01/19
Week 01 08/01/19 - 11/01/19		Sandwiches: Hot Dogs, Tuna, Cheese, Jam, Peanut Butter, L/Meat.	Pita Pockets Tuna or Sausage with Lettuce	Tuna , Ham & Egg Sandwich	Hot dogs
SNACK					
LUNCH		Chicken with V/Rice & Peas	Spaghetti Bolognese	Sausage Or Tuna with Chow Mein, Rice	Chicken & Fries
Week - 02 14/01/19 - 18/01/19	Sandwiches: Hot Dogs, Tuna, Cheese, Jam, Peanut Butter, L/Meat.	Corn Dogs	Bologna With Lettuce	Pizza Bread	Sausage Rolls
SNACK					
LUNCH	Stewed Chicken with Rice, Peas & GP	Pasta Tuna Bake	Bouillon	Mince with Veggie Rice	Chicken Roti
Week – 03 21/01/19 - 25/01/19	Sandwiches: Hot Dogs, Tuna, Cheese, Jam, Peanut Butter, L/Meat.	Pancakes	Tuna , Ham & Egg Sandwich	Pita Pockets Tuna or Sausage with Lettuce	Grilled Sausages
SNACK					
LUNCH	Chicken Pelau	Pasta Mince Bake	Chicken with V/Rice & Peas	Spaghetti Bolognese	Burgers (Chicken, Turkey or Fish) & Fries
Week – 04 28/01/19 - 01/02/19	Sandwiches: Hot Dogs, Tuna, Cheese, Jam, Peanut Butter, L/Meat.	Pizza Bread	Corn Dogs	Bologna With Lettuce	Luncheon Meat, Cheese and Tuna Sandwiches
SNACK					
LUNCH	Spaghetti & Meatballs	Stewed Chicken with Rice, Peas & GP	Sausage or Tuna with Mac. & Cheese	Mince, Mashed Potatoes & Chow Mein	Pizza

PS. Under Sandwiches: Chicken luncheon meat is included.

