



**St Frederick High School**  
**October 2017 Menu**

<p align="center"><b>MONDAY</b> 2-Oct Meat Pie Mashed Potatoes Broc &amp; Rice or Roast Beef Fruit &amp; Chips</p>	<p align="center"><b>TUESDAY</b> 3-Oct Chicken Tenders Carrot Souffle Green Beans or Turkey Sandwich Fruit &amp; Chips</p>	<p align="center"><b>WEDNESDAY</b> 4-Oct Blackened Chicken Penne Pasta Buttered Carrots or Grilled Chicken Fruit &amp; Chips</p>	<p align="center"><b>THURSDAY</b> 5-Oct Lasagna Green Peas Broccoli or Fried Chicken Sandwich Fuit &amp; Chips</p>	<p align="center"><b>FRIDAY</b></p>
<p align="center"><b>MONDAY</b> 9-Oct   <b>No-School</b></p>	<p align="center"><b>TUESDAY</b> 10-Oct <b>Chicken Tenders</b> <b>Green Beans</b> <b>Carrot Souffle</b> or Grilled Chicken Fruit &amp; Chips</p>	<p align="center"><b>WEDNESDAY</b> 11-Oct <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>Corn</b> or Turkey Sandwich Fruit &amp; Chips</p>	<p align="center"><b>THURSDAY</b> 12-Oct <b>Spicy Cajun Chicken</b> <b>Rice</b> <b>Lima Beans</b> or Hamburger Fruit &amp; Chips</p>	<p align="center"><b>FRIDAY</b></p>
<p align="center"><b>MONDAY</b> 16-Oct <b>Country Fried Steak</b> Mashed Potatoes Green Peas or Roast Beef Fruit &amp; Chips</p>	<p align="center"><b>TUESDAY</b> 17-Oct <b>Meatball &amp; Spaghetti</b> Green Beans Carrot Souffle or Grilled Chicken Fruit &amp; Chips</p>	<p align="center"><b>WEDNESDAY</b> 18-Oct <b>Chicken Tenders</b> Augratin Potatoes Corn or Turkey Sandwich Fruit &amp; Chips</p>	<p align="center"><b>THURSDAY</b> 19-Oct <b>Sausage &amp; Red Beans</b> Rice Broccoli or Fried Chicken Sandwich Fruit &amp; Chips</p>	<p align="center"><b>FRIDAY</b></p>
<p align="center"><b>MONDAY</b> 23-Oct <b>Salisbury Steak</b> Mashed Potatoes Lima Beans or Grilled Chicken Fruit &amp; Chips</p>	<p align="center"><b>TUESDAY</b> 24-Oct <b>Baked Chicken</b> Augratin potatoes Corn or Turkey Sandwich Fruit &amp; Chips</p>	<p align="center"><b>WEDNESDAY</b> 25-Oct <b>Sausage &amp; Chicken Jambalaya</b> Rice Green Beans or Rost Beef Fruit &amp; Chips</p>	<p align="center"><b>THURSDAY</b> 26-Oct <b>Chicken Tenders</b> Mashed Potatoes Carrot Souffle or Grilled Chicken Fruit &amp; chips</p>	<p align="center"><b>FRIDAY</b></p>
<p align="center"><b>MONDAY</b> 30-Oct   <b>No School</b></p>	<p align="center"><b>TUESDAY</b> 31-Oct</p>	<p align="center"><b>WEDNESDAY</b></p>	<p align="center"><b>THURSDAY</b></p>	<p align="center"><b>FRIDAY</b></p>