

 **Calgary French & International School**  
**The Core Cafeteria Lunch Program Calendar**

# January 2024

**FT = FIELD TRIP – do not order**

**\*Dessert not included as part of the Entrée**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Winter Break No School	<b>2</b> Winter Break No School	<b>3</b> Winter Break No School	<b>4</b> Winter Break No School	<b>5</b> Winter Break No School
<p style="color: red; font-weight: bold;">Day 2</p> <p style="text-align: right; font-weight: bold;">8</p> <p>Butter Chicken, Corn &amp; Rice</p> <p><b>GF</b></p> <p><i>*Oatmeal Raisin Cookie</i></p>	<p style="color: red; font-weight: bold;">Day 3</p> <p style="text-align: right; font-weight: bold;">9</p> <p>Breaded Fish Bites, Coleslaw &amp; Fresh Fruit</p>	<p style="color: red; font-weight: bold;">Day 4</p> <p style="text-align: right; font-weight: bold;">10</p> <p>Wicked Chicken Thai Soup &amp; Mini Spring Roll</p> <p><i>*Rice Pudding</i></p>	<p style="color: red; font-weight: bold;">Day 5</p> <p style="text-align: right; font-weight: bold;">11</p> <p>Beef Lasagna &amp; Caesar Salad</p>	<p style="color: red; font-weight: bold;">Day 6</p> <p style="text-align: right; font-weight: bold;">12</p> <p>Cheese Omelet, Hashbrown &amp; Fresh Fruit</p> <p><b>V</b></p> <p><i>*Chocolate Chip Cookie</i></p>
<p style="color: blue; font-weight: bold;">Day 1 Feb. Ordering Open</p> <p style="text-align: right; font-weight: bold;">15</p> <p>Sweet &amp; Sour (beef) meatballs, Rice &amp; Broccoli</p> <p><i>*Homemade Chocolate Tart</i></p>	<p style="color: blue; font-weight: bold;">Day 2 Feb. Ordering Open</p> <p style="text-align: right; font-weight: bold;">16</p> <p>Chicken Strips &amp; Garden Salad</p>	<p style="color: blue; font-weight: bold;">Day 3 Feb. Ordering Open</p> <p style="text-align: right; font-weight: bold;">17</p> <p>Turkey &amp; Cheese Croissant &amp; Fresh Fruit</p> <p><i>*Monster Cookie</i></p>	<p style="color: blue; font-weight: bold;">Day 4 Feb. Ordering Open</p> <p style="text-align: right; font-weight: bold;">18</p> <p>Perogies &amp; Garden Salad</p> <p><b>V</b></p>	<p style="color: blue; font-weight: bold;">Day 5 Feb. Ordering Open</p> <p style="text-align: right; font-weight: bold;">19</p> <p><b>V</b></p> <p><b>GF</b></p> <p style="font-weight: bold; font-size: 1.2em;">PIZZA DAY LUNCH</p> 
<p style="color: red; font-weight: bold;">Day 6</p> <p style="text-align: right; font-weight: bold;">22</p> <p>Beef Stew &amp; Dinner Bun</p> <p><i>*Homemade Apple Cookie</i></p>	<p style="color: red; font-weight: bold;">Day 1</p> <p style="text-align: right; font-weight: bold;">23</p> <p><b>V</b></p> <p>Rotini Alfredo &amp; Garden Salad</p>	<p style="color: red; font-weight: bold;">Day 2</p> <p style="text-align: right; font-weight: bold;">24</p> <p>Chicken Fried Rice &amp; Fresh Fruit</p> <p><b>GF</b></p> <p><i>*Homemade Lemon Blueberry Scone</i></p>	<p style="color: red; font-weight: bold;">Day 3</p> <p style="text-align: right; font-weight: bold;">25</p> <p>Beef Hot Dog &amp; Fresh Fruit</p>	<p style="text-align: right; font-weight: bold;">26</p> <p>PD Day No School</p>
<p style="color: red; font-weight: bold;">Day 4</p> <p style="text-align: right; font-weight: bold;">29</p> <p>Vegetarian Chili, Dinner Bun &amp; Fresh Fruit</p> <p><b>V</b></p> <p><i>*Banana Bread</i></p>	<p style="color: red; font-weight: bold;">Day 5</p> <p style="text-align: right; font-weight: bold;">30</p> <p>Cinnamon French Toast, Turkey Sausage &amp; Fresh Fruit</p>	<p style="color: red; font-weight: bold;">Day 6</p> <p style="text-align: right; font-weight: bold;">31</p> <p>Italian (beef) Meatball Sub &amp; Fresh Veggies</p> <p><i>*Variety Pudding</i></p>	<p style="font-weight: bold; font-size: 1.2em;">FIELD TRIPS (FT)</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">DO NOT ORDER</p> <p style="color: red; font-weight: bold;">on days your child has a field trip.</p> <p style="color: red; font-weight: bold;">Please pack a bag lunch.</p>	

**GF** = Gluten Free option available. Not appropriate for Celiac     **V** = Vegetarian available     **Email [foodservices@cfis.com](mailto:foodservices@cfis.com) to advise of order**