



# O'KAANI CAFÉ

NORTH TRAIL HIGH SCHOOL • LUNCH MENU

September 21 – October 8, 2026 • Monday–Thursday • No Food Service Fridays

ALL CHICKEN & BEEF ARE HALAL  
(V) VEGETARIAN

| WEEK 1 • SEPTEMBER 21–24 |                                                   |                                                              |                                                   |                                                             |
|--------------------------|---------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------|
| MENU                     | MONDAY<br>SEPTEMBER 21                            | TUESDAY<br>SEPTEMBER 22                                      | WEDNESDAY<br>SEPTEMBER 23                         | THURSDAY<br>SEPTEMBER 24                                    |
| MAIN 1                   | Penne in a Rosé Cream Sauce with Garlic Bread (V) | Pierogi with Braised Cabbage, Sausage and Sour Cream         | Thai Green Curry Rice Bowl (Chicken or Vegetable) | Beef or Bean Burrito Bowl                                   |
| MAIN 2                   | Chicken Parmigiana with Pasta in Tomato Sauce     | Braised Beef with Vegetables, Potatoes and Yorkshire Pudding | Ginger Beef with Rice and Stir-Fried Vegetables   | Chicken Souvlaki with Grilled Vegetables and Lemon Potatoes |
| PIZZA                    | Cheese (V)                                        | Chicken Shawarma Pizza                                       | Beef Pepperoni                                    | BBQ Chicken                                                 |
| SOUP                     | Tomato Soup                                       | Borscht                                                      | Tom Kha Goong                                     | Tortilla Soup                                               |
| HOT SANDWICH             | Grilled Cheese and Kimchi                         | Butter Chicken Naan Wrap                                     | Chicken Fajita                                    | Reuben                                                      |
| COLD SANDWICH            | Egg Salad (V)                                     | Curried Chicken Salad (Coronation Chicken Sandwich)          | Ham and Cheese                                    | Open-Faced Caprese (V)                                      |
| SALAD SPECIAL            | Buffalo Chicken Caesar Salad                      | Soba Noodle with Grilled Chicken Salad                       | Southwest Chicken Salad                           | Thai Peanut Noodle Salad                                    |



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| WEEK 2 • SEPTEMBER 28 – OCTOBER 1 |                                                                     |                                                |                                                                                   |                                   |
|-----------------------------------|---------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------|
| MENU                              | MONDAY<br>SEPTEMBER 28                                              | TUESDAY<br>SEPTEMBER 29                        | WEDNESDAY<br>SEPTEMBER 30<br>NO SCHOOL                                            | THURSDAY<br>OCTOBER 1             |
| MAIN 1                            | Mushroom Stroganoff with<br>Garlic Bread (V)                        | Chana Masala with Coconut<br>Rice and Naan (V) | NO SCHOOL<br><br>National Day for Truth and<br>Reconciliation<br><br>September 30 | Korean Fried Chicken Rice<br>Bowl |
| MAIN 2                            | Chicken Schnitzel with<br>Spätzle and Honey-Dill<br>Roasted Carrots | Butter Chicken with Rice and<br>Naan           |                                                                                   | Beef or Vegetable Lasagna         |
| PIZZA                             | Cheese (V)                                                          | Beef Pepperoni                                 |                                                                                   | Meat Lovers                       |
| SOUP                              | Roasted Carrot Soup                                                 | Red Lentil Dal                                 |                                                                                   | Chicken Noodle Soup               |
| HOT SANDWICH                      | Shrimp Po'Boy                                                       | Beef Dip                                       |                                                                                   | Cheeseburger                      |
| COLD SANDWICH                     | Cold Cuts                                                           | Jerk Chicken Wrap                              |                                                                                   | Japanese Fruit Sando (V)          |
| SALAD SPECIAL                     | Italian Chicken Salad                                               | Lemongrass Chicken<br>Vermicelli Bowl          |                                                                                   | Poke Bowl                         |



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| WEEK 3 • OCTOBER 5–8 |                                   |                                              |                                                           |                                                                |
|----------------------|-----------------------------------|----------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------|
| MENU                 | MONDAY<br>OCTOBER 5               | TUESDAY<br>OCTOBER 6                         | WEDNESDAY<br>OCTOBER 7                                    | THURSDAY<br>OCTOBER 8                                          |
| MAIN 1               | Pasta Bolognese with Garlic Bread | Mac and Cheese with Garlic Bread (V)         | Shanghai Noodles with Mixed Vegetables in a Lo Mein Sauce | Shawarma Platter with Potatoes, Salad, Garlic Sauce and Hummus |
| MAIN 2               | Teriyaki Chicken Rice Bowl        | Chicken Katsu Curry with Rice and Vegetables | Sweet and Sour Chicken with Noodles                       | BBQ Platter                                                    |
| PIZZA                | Cheese (V)                        | Beef Pepperoni                               | Beef Donair Pizza                                         | Butter Chicken Pizza                                           |
| SOUP                 | Cream of Mushroom Soup            | Loaded Baked Potato Soup                     | Hot and Sour Soup                                         | Gudakusan Miso Soup with Vegetables and Tofu                   |
| HOT SANDWICH         | Philly Beef Melt                  | Aloo Tikki (Spicy Indian Potato Burger) (V)  | Satay Chicken Vietnamese Sub                              | KFC                                                            |
| COLD SANDWICH        | Turkey and Cheese                 | Shrimp Salad                                 | Chicken Salad                                             | Tuna Salad                                                     |
| SALAD SPECIAL        | Grilled Chicken Greek Salad       | Peanut Satay Chicken Salad                   | BBQ Chicken and Sweet Potato Salad                        | White Bean and Apple Salad with Grilled Chicken                |

Menu Subject to Change • Ask Café Staff About Allergens and Dietary Needs