

**St. Johns School**  
**Riverside School Board**  
**SCHOOL YEAR 2023-2024**



**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**Week 1**

Aug. 21 Feb. 19  
 Sept. 18 March 18  
 Oct. 16 April 15  
 Nov. 13 May 13  
 Dec. 11 June 10  
 Jan. 22

Chicken Vegetable Soup  <b>Cheddar cheese &amp; Bell Pepper Frittata</b>  Garden Salad & Red Cabbage	Peas Soup  <b>Teriyaki Chicken</b>  Seven Grains Blend Green Beans Creamy Coleslaw	Cream of Vegetable Soup  <b>Mac &amp; Cheese</b>  Spinach & Carrot Salad	Farmer's Market Soup  <b>Falafel Bowl</b>  California-style Vegetable Mix Spring Salad	Cream of Broccoli Soup  <b>Veal Parmigiana</b> Basmati Rice  Mixed Vegetable Caesar Salad
Cream of Mushroom Soup  <b>Chicken &amp; Creamy Pesto Sauce</b> Fettuccine Pasta  Broccoli	Minestrone Soup  <b>Croque Monsieur with Ham</b>  Garden Salad	Chicken Quinoa Soup  <b>Baked Lasagna</b>  Caesar Salad	French Onion Soup  <b>Individual Lentil Loaf with Herbed Tomato Sauce</b>  Carrots & Edamame Traditional Coleslaw	Beef Vegetable Soup  <b>Homemade Chicken Bites with Spicy Mayonnaise</b>  Mediterranean Salad
Chicken & Vermicelli Soup  <b>Fish patties Aurora sauce</b>  California-style Vegetable Mix Garden Salad	Lentil Soup  <b>Turkey Burger with Toppings &amp; Sriracha Sauce</b>  Baked Vegetable Carrot & Raisin Salad	Cream of Chicken Soup  <b>Pasta Primavera with Rosée Sauce</b>  Caesar Salad	Cream of Carrot Soup  <b>Homemade Sloppy joe on a Bun</b>  Vegetable Mix Prince Edward Coleslaw	Beef & Barley Soup  <b>General Tao Chicken</b>  Basmati Rice Carrots & Edamame Garden Salad
Cream of Tomato Soup  <b>Portuguese Chicken</b> Jamaican Rice & Beans  Mexican-style Corn Garden Salad	Chicken & Noodle Soup  <b>Tex-mex Vegetarian Bowl</b>  Steamed Rice Mixed Vegetable Asian Napa Slaw	Vegetable Soup  <b>Spaghetti Bolognese with Lentils</b>  Caesar Salad	Butternut Squash Soup  <b>Salmon Pie with Egg Sauce</b>  Green Peas Market Salad	Oriental-style Soup  <b>Shepherd's Pie with Lentils</b>  Bistro Vegetable Mix Spinach & Carrot Salad

**Week 2**

Aug. 28 Feb. 26  
 Sept. 25 March 25  
 Oct. 23 April 22  
 Nov. 20 May 20  
 Dec. 18 June 17  
 Jan. 29

**Week 3**

Sept. 04 Feb. 05  
 Oct. 02 March 04  
 Oct. 30 April 01  
 Nov. 27 April 29  
 Jan. 08 May 27

**Week 4**

Sept. 11 Feb. 12  
 Oct. 09 March 11  
 Nov. 06 April 08  
 Dec. 04 May 06  
 Jan. 15 June 03

**Menu of the day price:**  
**Elementary \$5.80**  
**Secondary \$6.25**

**The daily menu includes Soup, dessert and a beverage**

Soup or dessert .....\$1.65

Milk 200 ml .....\$1.45

Chocolate milk 200 ml .....\$1.90

Wedge sandwich .....\$3.25

Caesar salad .....\$3.90

Parfait .....\$3.40

Oatmeal cookie .....\$2.15

Fresh fruit ..\$1.20

\*Plate registered with the Aliments du Québec au menu.

Contains 50% more ingredients of certified Quebec origin. Menus are subject to change according to the season and the product availability.

