

Aug. 25  
Sep. 22  
Oct. 20  
Nov. 17  
Dec. 15  
Jan. 26  
Feb. 23  
Mar. 23  
Apr. 20  
May 18  
June 15

Sep. 01  
Sep. 29  
Oct. 27  
Nov. 24  
Jan. 05  
Feb. 02  
Mar. 02  
Mar. 30  
Apr. 27  
May 25

Sep. 08  
Oct. 06  
Nov. 03  
Dec. 01  
Jan. 12  
Feb. 09  
Mar. 09  
Apr. 06  
May 04  
June 01

Sep. 15  
Oct. 13  
Nov. 10  
Dec. 08  
Jan. 19  
Feb. 16  
Mar. 16  
Apr. 13  
May 11  
June 08

| MONDAY                                                                                                                             | TUESDAY                                                                                                          | WEDNESDAY                                                                                                                                                                 | THURSDAY                                                                                                                                | FRIDAY                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Chicken and vegetable soup</p> <p><b>Veal parmigiana</b></p> <p>Egg noodles<br/>Green beans<br/>Caesar salad</p>                | <p>Lentil soup</p> <p><b>Mac and cheese</b></p> <p>Mixed vegetables<br/>Fusion salad</p>                         | <p>Cream of Chicken soup</p> <p><b>Greek plate</b><br/><i>(marinated pork, garlic rice, tzatziki sauce, quarter of pita)</i></p> <p>Buttered broccoli<br/>Greek salad</p> | <p>Vegetable soup</p> <p><b>Crispy spicy chicken drumsticks</b><br/>Roasted potatoes</p> <p>Mexican vegetables<br/>Coleslaw</p>         | <p>Cream of broccoli soup</p> <p><b>Hamburger Steak with Lyonnaise sauce</b><br/>Mashed potatoes</p> <p>Parsley carrots<br/>Garden salad</p> |
| <p>Cream of mushroom soup</p> <p><b>Hot chicken on a bun</b></p> <p>Peas<br/>Market salad</p>                                      | <p>Onion soup</p> <p><b>Lasagna</b></p> <p>Sautéed zucchini with herbs<br/>Caesar salad</p>                      | <p>Minestrone soup</p> <p><b>Salmon pot pie with egg sauce</b></p> <p>Broccoli florets<br/>Spinach salad</p>                                                              | <p>Cream of vegetable soup</p> <p><b>Meat burrito</b></p> <p>Vegetables San Francisco<br/>Creamy carrot salad</p>                       | <p>Tomato and quinoa soup</p> <p><b>Barbecue chicken pizza</b></p> <p>Mixed vegetables Italian-style<br/>Mesclun salad</p>                   |
| <p>Chicken noodle soup</p> <p><b>Shanghai beef meatballs</b><br/>Mashed potatoes</p> <p>Florentine vegetables<br/>Chef's salad</p> | <p>Cream of squash soup</p> <p><b>Hamburger</b></p> <p>Quinoa</p> <p>Carrots with cumin<br/>California salad</p> | <p>Vegetable soup</p> <p><b>Italian Pita</b></p> <p>Parisien vegetables<br/>Market salad</p>                                                                              | <p>Cream of carrot soup</p> <p><b>Butter chicken</b></p> <p>Steamed rice<br/>Bean duo<br/>Green salad with red cabbage</p>              | <p>Asian-style soup</p> <p><b>Chinese plate</b><br/>Soy fried rice</p> <p>Stir-fried Asian vegetables<br/>Spinach and carrot salad</p>       |
| <p>Beef and barley soup</p> <p><b>Pulled pork Parmentier</b></p> <p>Grilled vegetables<br/>Market salad</p>                        | <p>Chicken and rice soup</p> <p><b>Pasta with meat sauce</b></p> <p>Broccoli<br/>Caesar salad</p>                | <p>Cream of tomato soup with basil</p> <p><b>Cajun chicken burger</b></p> <p>Mixed vegetable<br/>Coleslaw</p>                                                             | <p>Cream of turnip soup</p> <p><b>Spicy beef casserole and diced potatoes</b></p> <p>Fusion mixed vegetable<br/>Mediterranean salad</p> | <p>Beef noodle soup</p> <p><b>Fish tacos (2)</b></p> <p>Rice pilaf<br/>Peas and carrots<br/>Corn and bell pepper salad</p>                   |

## Menu of the day price

**Elementary:**

**\$6.45**

**Secondary:**

**\$6.90**

**The daily menu includes Soup, Dessert and a Beverage**

Soup or Dessert  
.....\$1.80

Milk 200 ml.....\$1.50

Chocolate  
milk 200 ml.....\$2.25

Wedge sandwich  
.....\$3.50

Caesar salad.....\$4.20

Parfait.....\$3.65

Oatmeal cookie  
.....\$2.35

Fresh fruit.....\$1.75



**\*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  
(the identified dishes/products may be modified depending on the availability of supplies when preparing the recipes.)

**\*\*Dishes part of our vegetarian offer.**

