

# Spring menu 2025

Start: March 24th

End: April 18th

## CPE Narnia

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
<b>Week 1</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Lunch</b>	Beef & roots vegetables soup Served with crackers	Chicken rigatoni Tomato sauce & spinach	Turmeric rice & lentils coconut cream sauce	Frittata with zucchici Couscous salad	Veal & cheese Ravioli Vegetables of the day
<b>Vegetarian</b>	Bean & roots vegetables soup Served with crackers	Cheese rigatoni Tomato sauce & spinach	Turmeric rice & lentils coconut cream sauce	Frittata with zucchici Couscous salad	Cheese Ravioli Vegetables of the day
<b>Vegan</b>	Bean & roots vegetables soup	Vegan cheese rigatone Tomato sauce & spinach	Turmeric rice & lentils coconut curry sauce	Frittata with zucchici Couscous salad	Vegan cheese pasta Vegetables of the day
<b>Dessert</b>	<b>Apple sauce</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>
<b>PM Snack</b>	Crudités & hummus	English muffin & Cream cheese	Breton crackers & cheese	Tortillas with Avocado spread	Oatmeal banana galette
<b>Week 2</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Lunch</b>	Vegan minestrone soup wholegrain bread roll	Meat sauce spaghetti Vegetable of the day	Soy glazed tofu cheese with broccoli Served with rice	Tex mex pasta beef, corn & peppers	Duo cheese pizza served with crudités
<b>Vegetarian</b>	Vegan minestrone soup wholegrain bread roll	Tofu sauce spaghetti Vegetable of the day	Soy glazed tofu cheese with broccoli	Tex mex pasta beans, corn & peppers	Duo cheese pizza served with crudités
<b>Vegan</b>	Vegan minestrone soup wholegrain bread roll	Tofu sauce spaghetti Vegetable of the day	Soy glazed tofu cheese with broccoli & rice	Tex mex pasta beans, corn & peppers	Vegan Cheese pizza served with crudités
<b>Dessert</b>	<b>Apple sauce</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>
<b>PM Snack</b>	Crudités Ceasar dressing	Bagel & wow butter	Breton crackers & cheese	Mixed berry Smoothie	Zucchini Muffin
<b>Week 3</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>Sugar shack menu</b>
<b>Lunch</b>	Spanish rice with chicken & red beans	Chick peas eggplant stew Couscous & quinoa mix	Macaroni & cheese With broccoli	Tuna sandwich with crudités	Chicken sausage Backed bean & potato
<b>Vegetarian</b>	Spanish rice with beans	Chick peas eggplant stew Couscous & quinoa mix	Macaroni & cheese With broccoli	Tuna sandwich with crudités	Scrambled eggs Backed bean & potato
<b>Vegan</b>	Spanish rice with beans	Chick peas eggplant stew Couscous & quinoa mix	Macaroni & vegan cheese With broccoli	Minced tofu sandwich with crudités	Backed bean & potato
<b>Dessert</b>	<b>Apple sauce</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>	<b>Fresh fruits</b>	<b>Mini sugar pies</b>
<b>PM Snack</b>	Pita & sour cream dip	Breton crackers & cheese	Bread sticks & wow butter	Oats & raisins galettes	Mini crepes & syrup
<b>Week 4</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Lunch</b>	Chicken fried rice with cabbage & carrots	Penne gratiné rosée sauce & broccoli with chick peas	Baked sole fish Mashed potato & carrots	Beef stroganoff with pasta	Cheese & bean quessadilla with crudités
<b>Vegetarian</b>	Fried rice with tofu with cabbage & carrots	Penne gratiné rosée sauce & broccoli with chick peas	Baked sole fish Mashed potato & carrots	Creamy mushroom stroganoff pasta	Cheese & bean quessadilla with crudités
<b>Vegan</b>	Fried rice with tofu with cabbage & carrots	Penne, vegan cheese tomato sauce & broccoli	Vegan patty Mashed potato & carrots	Creamy mushroom stroganoff pasta	Vegan cheese & bean quessadilla, with crudités
<b>Dessert</b>	<b>Apple sauce</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>	<b>Fresh fruits</b>	<b>Gelatin free yogurt</b>
<b>PM Snack</b>	Bagel & cream cheese	Cruditée & Tuna spread	Cheese mini quiche	Breton crackers & cheese	Carrots muffin

- ✓ Our menu is pork free
- ✓ All our meat & poultry is from Halal certified supplier
- ✓ Our facility is nut free
- ✓ Vegetarian and allergen substitute meals are available upon request
- ✓ do not serve seafood dishes



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