



Monday		Tuesday		Wednesday		Thursday		Friday	
AM	Wholegrains cereals		Fresh fruits		Fresh fruits		Fresh fruits		Fresh fruits
	30		01		02		03		04
Regular		Closed			Chicken salad sandwich Servi avec crudités		Meat sauce Spaghetti Vegetable of the day		Eggs sandwich Carotts salad
Vegetarian					Minced tofu sandwich Servi avec crudités		Spaghetti vegan sauce Vegetable of the day		Eggs sandwich Carotts salad
Vegan					Minced tofu sandwich Servi avec crudités		Spaghetti vegan sauce Vegetable of the day		Veggies & vegan cheese Carotts salad
Dessert					Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack					Breton & cheese		Wholewheath tortillas guacamole		Mixed berry muffin
	07		08		09		10		11
Regular	Vegan rice with white bean stew		Alfredo chicken pasta with peas		Beef & cheese sandwich Served with crudités		Tofu general tao Served with chow mein		Turkey / cheese Sandwich Served with crudités
Vegetarian	Vegan rice with white bean stew		Creamy tofu curry pasta with peas		Tofu & cheese sandwich Served with crudités		Tofu general tao Served with chow mein		Veggies/cheese sandwich Served with crudités
Vegan	Vegan rice with white bean stew		Creamy tofu curry pasta with peas		Tofu & cheese sandwich Served with crudités		Tofu general tao Served with chow mein		Vegan cheese sandwich Served with crudités
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Crudités & tuna dip		Naan & hummus		Breton & cheese		Strawberry smootie		Lemon madeleine
	14		15		16		17		18
Regular	Beef chili Served with tortillas		Baked rice with Adamame & broccoli		Chicken ceasar wrap Served with crudités		Turkey Swedish meatballs rice & macedoine		Cheese Pizza With coleslaw
Vegetarian	Bean chili Served with tortillas		Baked rice with Adamame & broccoli		Vegetable & hummus wrap Served with crudités		Vegan meatballs rice & macedoine		Cheese Pizza With coleslaw
Vegan	Bean chili Served with tortillas		Baked rice with Adamame & broccoli		Vegetable & hummus wrap Served with crudités		Vegan meatballs rice & macedoine		Vegan cheese Pizza With coleslaw
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Rice cake & wow butter		Carrots & cream cheese		Tortillas & hummus		Melba toast & cheese		Cranberry muffin
	21		22		24		24		25
Regular	Cream of broccoli soup with white bean Served with bread rolls		Mexican rice with ground beef & veggies		Tuna sandwich Served with crudités		Chicken à la king with peas with mashed potato		Turkey & cheese burrito Served with crudités
Vegetarian	Cream of broccoli soup with white bean Served with bread rolls		Mexican rice with red bean & vegetables		Tuna sandwich Servi avec crudités		Mushroom à la king with peas with mashed potato		Cheese & bean burrito Served with crudités
Vegan	Cream of broccoli soup with white bean		Mexican rice with red bean & vegetables		Minced tofu sandwich Servi avec crudités		Mushroom à la king, peas with mashed potato		Cheese & bean burrito Served with crudités
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt
PM Snack	Mixed vegetables guacamole		Mini croissant Cream cheese		English muffin bean spread		Crackers & cheese		Oatmeal galette
	28		29		30		31		1
Regular	Vegan Lentils Soup With Naan bread		Mediterranean pasta with legumes, herbs, olive tomato sauce		Turkey / cheese Sandwich Served with crudités		Beef meat loaf, gravy mashed potatoe & carotts		
Vegetarian	Vegan Lentils Soup With Naan bread		Mediterranean pasta with legumes, herbs, olive tomato sauce		Veggies/cheese sandwich Served with crudités		Vegan patty mashed potatoe & carotts		
Vegan	Vegan Lentils Soup With Naan bread		Pasta with legumes herbs, olive & tomato sauce		Vegan cheese sandwich Served with crudités		Vegan patty mashed potatoe & carotts		
Dessert	Apple sauce		Fresh fruits		Gelatin free yogurt		Fresh fruits		
PM Snack	Crudités & cheese		Pita & tzatziki		Breton & cheese		Bagel & wow butter		

✓ For reasons beyond our control, the menu may be subject to change

✓ Halal certified meat & poultry

✓ Nut free facility

✓ Pork free menu

