


CPE Narnia

Month: July 2026

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AM Snack | Wholegrains cereals | Fresh fruits | Fresh fruits | Fresh fruits | Fresh fruits |
| Regular | |  <p>Traiteur Evoosanté inc Tel. 514-400-4545 info@evoosante.ca</p> | <p>01</p> <p>Closed</p> | <p>02</p> <p>Baked rice with chicken vegetables of the day</p> <p>Baked rice with tofu vegetables of the day</p> <p>Baked rice with tofu vegetables of the day</p> <p>Fresh fruits</p> <p>Wholewheat crackers & cheese</p> | <p>03</p> <p>Eggs sandwich Served with crudités</p> <p>Eggs sandwich Served with crudités</p> <p>Veggies & vegan cheese Served with crudités</p> <p>Gelatin free yogurt</p> <p>Mixed berry muffin</p> |
| Vegetarian | | | | | |
| Vegan | | | | | |
| Dessert | | | | | |
| PM Snack | | | | | |
| | 06 | 07 | 08 | 09 | 10 |
| Regular | Tuna sandwich Served with crudités | Beef bolognaise pasta Vegetables of th day | Quesadilla au légumes et fromage Servi avec crudités | Baked Salmon With couscous With edamame beans | Turkey & cheese Sandwich Served with crudités |
| Vegetarian | Tuna sandwich Served with crudités | Minced tofu bolognaise pasta with vegetables of the day | Quesadilla au légumes et fromage Servi avec crudités | Baked salmon with turmeric couscous With edamame beans | Veggies & cheese sandwich Served with crudités |
| Vegan | Minced tofu sandwich Served with crudités | Minced tofu bolognaise pasta with veggies | Quesadilla au légumes et fromage | Baked bean with turmeric couscous | Vegan cheese sandwich Served with crudités |
| Dessert | Apple sauce | Fresh fruits | Gelatin free yogurt | Fresh fruits | Gelatin free yogurt |
| PM Snack | Bread sticks & tuna dip | Naan & creamy hummus | Wholewheat crackers & cheese | Strawberry smoothie | Lemon madeleine |
| | 13 | 14 | 15 | 16 | 17 |
| Regular | Eggs sandwich Served with crudités | Chicken stroganoff pasta with mushroom | Sandwich salade de poulet Servi avec crudités | Cococut & chick peas curry stew With mashed potato | Chicken & cheese Pizza Served with crudités |
| Vegetarian | Eggs sandwich Served with crudités | Mushroom stroganoff pasta with white beans | Sandwich haricot blanc et légumes Servi avec crudités | Cococut & chick peas curry stew With mashed potato | Cheese Pizza Served with crudités |
| Vegan | Veggies & vegan cheese Served with crudités | Mushroom stroganoff pasta with white beans | Sandwich haricot blanc et légumes | Cococut & chick peas curry With mashed potato | Vegan cheese Pizza Served with crudités |
| Dessert | Apple sauce | Fresh fruits | Gelatin free yogurt | Fresh fruits | Gelatin free yogurt |
| PM Snack | Bagel & wow butter | Wholewheat tortillas & guacamole | Wholewheat crackers & cheese | Home made granola | Cranberry muffin |
| | 20 | 21 | 22 | 24 | 24 |
| Regular | Turkey & cheese Sandwich Served with crudités | Chicken & spinach alfredo pasta Végétales of the day | Eggs sandwich Served with crudités | Beef ravioli Vegetables of the day | Tuna sandwich Served with crudités |
| Vegetarian | Veggies & cheese sandwich Served with crudités | Alfredo pasta with peas Vegetables of the day | Eggs sandwich Served with crudités | Cheese ravioli Vegetables of the day | Tuna sandwich Served with crudités |
| Vegan | Vegan cheese sandwich Served with crudités | Alfredo pasta with peas Végétales of the day | Veggies & vegan cheese Served with crudités | Cheese ravioli Vegetables of the day | Minced tofu sandwich Served with crudités |
| Dessert | Apple sauce | Fresh fruits | Gelatin free yogurt | Fresh fruits | Gelatin free yogurt |
| PM Snack | Mini crepe & cream cheese | English muffin with butter | Wholewheat crackers & cheese | Mini cheese quiche | Oatmeal galette |
| | 27 | 28 | 29 | 30 | 31 |
| Regular | Sandwich salade de poulet Servi avec crudités | Macaroni & cheese with broccoli | Turkey & cheese Sandwich Served with crudités | Veal tortellini With broccoli | Cheese Pizza Served with crudités |
| Vegetarian | Sandwich haricot blanc et légumes Servi avec crudités | Macaroni & cheese with broccoli | Veggies & cheese sandwich Served with crudités | Cheese tortellini With broccoli | Cheese Pizza Served with crudités |
| Vegan | Sandwich haricot blanc et légumes | Macaroni with vegan cheese with broccoli | Vegan cheese sandwich Served with crudités | Vegan cheese pasta With broccoli | Vegan cheese Pizza Served with crudités |
| Dessert | Apple sauce | Fresh fruits | Gelatin free yogurt | Fresh fruits | Gelatin free yogurt |
| PM Snack | Rice cake & Strawberry & yogurt dip | Pita & tzatziki | Wholewheat crackers & cheese | Strawberry smoothie | Carrots squares |