


CPE Narnia

Month: June 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	01	02	03	04	05
Regular	Tuna sandwich Served with crudités	Creamy beef macaroni with carrots	Chicken salad sandwich Served with crudités	Veal torrellini With broccoli	Eggs sandwich Served with crudités
Vegetarian	Tuna sandwich Served with crudités	Creamy vegan cheese macaroni with carrots	White bean & veggie Served with crudités	Cheese tortellini With broccoli	Eggs sandwich Served with crudités
Vegan	Minced tofu sandwich Served with crudités	Creamy vegan cheese macaroni with carrots	White bean & veggie Served with crudités	Vegan cheese pasta With broccoli	Veggies & vegan cheese Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Wholewheat crackers & cheese	Pita & tzatziki	Rice cake & cream cheese	Wholewheat tortillas guacamole	Mixed berry muffin
	08	09	10	11	12
Regular	Cheese Pizza Served with crudités	Beef bolognaise pasta Vegetables of th day	Veggie & cheese quesadilla Served with crudités	Baked Salmon With couscous With edamame beans	Turkey & cheese Sandwich Served with crudités
Vegetarian	Cheese Pizza Served with crudités	Minced tofu bolognaise pasta with vegetables of the day	Veggie & cheese quesadilla Served with crudités	Baked salmon with turmeric couscous With edamame beans	Veggies & cheese sandwich Served with crudités
Vegan	Vegan cheese Pizza Served with crudités	Minced tofu bolognaise pasta with veggies	Vegancheese quesadilla Served with crudités	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 & hummus	Wholewheat crackers & cheese	Strawberry smootie	Lemon madeleine
	15	16	17	18	19
Regular	Chicken salad sandwich Served with crudités	Chicken stroganoff pasta with mushroom	Eggs sandwich Served with crudités	Cococut & chick peas curry stew With mashed potato	Tuna sandwich Served with crudités
Vegetarian	White bean & veggie Served with crudités	Mushroom stroganoff pasta with white beans	Eggs sandwich Served with crudités	Cococut & chick peas curry stew With mashed potato	Tuna sandwich Served with crudités
Vegan	White bean & veggie Served with crudités	Mushroom stroganoff pasta with white beans	Veggies & vegan cheese Served with crudités	Cococut & chick peas curry With mashed potato	Minced tofu sandwich Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Bagel & wow butter	Tortillas & hummus	Wholewheat crackers & cheese	Home made granola	Cranberry muffin
	22	23	24	25	26
Regular	Turkey & cheese Sandwich Served with crudités	Chicken & spinach alfredo pasta Végétales of the day	Closed	Mediterranean chick peas rice pilaf	Cheese Pizza Served with crudités
Vegetarian	Veggies & cheese sandwich Served with crudités	Alfredo pasta with peas Végétales of the day		Mediterranean chick peas rice pilaf	Cheese Pizza Served with crudités
Vegan	Vegan cheese sandwich Served with crudités	Alfredo pasta with peas Végétales of the day		Mediterranean chick peas rice pilaf	Vegan cheese Pizza Served with crudités
Dessert	Apple sauce	Fresh fruits		Fresh fruits	Gelatin free yogurt
PM Snack	Mini crepe & cream cheese	English muffin bean spread		Wholewheat crackers & cheese	Oatmeal galette
	29	30			
Regular	Veggie & cheese quesadilla Served with crudités	Macaroni & cheese with broccoli			 <p>Traiteur Ewoo Santé inc Tel. 514-400-4545 info@evoosante.ca</p>
Vegetarian	Veggie & cheese quesadilla Served with crudités	Macaroni & cheese with broccoli			
Vegan	Vegancheese quesadilla Served with crudités	Macaroni with vegan cheese with broccoli			
Dessert	Apple sauce	Fresh fruits			
PM Snack	Cucumber & ranch dip	Pita & tzatziki			