

CPE Narnia

Start: November 4th
End: November 29th

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Wholegrains Cereal	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	4	5	6	7	8
Lunch	Vegetarian rice with lentils	Chicken pesto pasta vegetables of the day	Minestrone soup Served with crackers	Meat sauce spaghetti with vegetable of the day	Turkey chili with wholegrain tortillas
Vege	Vegetarian rice with lentils	Vegan pesto pasta vegetables of the day	Minestrone soup Served with crackers	Minced tofu sauce spaghetti with vegetable of the day	Vegan chili with wholegrain tortillas
Vegan	<i>Vegetarian rice With lentils</i>	<i>Vegan pesto pasta vegetables of the day</i>	<i>Minestrone soup Served with crackers</i>	<i>Minced tofu sauce spaghetti with vegetable of the day</i>	<i>Vegan chili with wholegrain tortillas</i>
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Biscuit soleil	Crackers & cheese	Half bagel & cream cheese	Crudités & carrots dip	Raisins muffin
	11	12	13	14	15
Lunch	Meal soup Leak potatoe & carrots Coconut milk	Cheesy broccoli & beef rice casserole	Vegan Mediterranean pasta With chick peas, olive	Chicken cacciatore with mashed potato	Baked shell pasta, alfredo sauce chicken & spinach
Vege	Meal soup Leak potatoe & carrots Coconut milk	Cheesy broccoli & rice casserole	Vegan Mediterranean pasta With chick peas, olive	Bean & olive stew with mashed potato	Mini shell pasta alfredo sauce & spinach
Vegan	<i>Meal soup Leak potatoe & carrots</i>	<i>Vegan cheese broccoli & rice casserole</i>	<i>Vegan Mediterranean pasta With chick peas, olive</i>	<i>Bean & olive stew with mashed potato</i>	<i>Mini shell pasta vegan cheese & spinach</i>
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Mini croissant & cottage spread	Crackers & cheese	Brown rice cake & tuna dip	Naan & hummus	Molasses galette
	18	19	20	21	22
Lunch	Creamy lentil vegetables curry with couscous	Baked ziti pasta with chicken & cheese	Salmon rice with carrots & peas	Cream of carrots & ginger with white bean Served with crackers	Beef bourguignon with mashed potato
Vege	Creamy lentil vegetables curry with couscous	Baked ziti pasta with chick peas & cheese	Salmon rice with carrots & peas	Cream of carrots & ginger with white bean Served with crackers	Veggie bourguignon with mashed potato
Vegan	<i>lentil vegetables curry with couscous</i>	<i>Baked ziti pasta with chick peas</i>	<i>Tofu rice with carrots & peas</i>	<i>Carrots, ginger & white bean Served with crackers</i>	<i>Veggie bourguignon with mashed potato</i>
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Crackers & cheese	Crudités & tzatziki	English muffin & wow butter	Granola bar	Lemon madeleine
	25	26	27	28	29
Lunch	Beef & barley meal soup with roots vegetables	Chicken stroganoff Served with pasta	Cheese pizza Served with crudités	Chinese macaroni with beef & soya sauce	Turkey meatballs, gravy Rice & carrots
Vege	Beans & barley meal soup with roots vegetables	Mushroom Stroganoff Served with pasta	Cheese pizza Served with crudités	Chinese macaroni with tofu & soya sauce	Vegan meatballs, gravy Rice & carrots
Vegan	<i>Beans & barley meal soup with roots vegetables</i>	<i>Mushroom Stroganoff Served with pasta</i>	<i>Vegan Cheese pizza Served with crudités</i>	<i>Chinese macaroni with tofu & soya sauce</i>	<i>Vegan meatballs, gravy Rice & carrots</i>
Dessert	Apple sauce	Fresh fruits	Fruits yogurt	Fresh fruits	Fruits yogurt
PM Snack	Crackers & creamy avocado dip	Pita & hummus	Crackers & cheese	Brown rice cake & wow butter	Oatmeal galette

/ For reasons beyond our control, the menu may be subject to change daily without notice

/ No refunds or credit in the event of a snow storm or freezing rain

/ All our meat & poultry is from Halal certified supplier

✓ Our facility is nut free, we do not serve pork and seafood dishes

✓ Vegetarian and allergen substitute meals are available upon request



Traiteur Evoosanté inc