CPE Narnia

Mois: November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	02	**03**	**04**	**05**	**06**
Regular	Beef fried rice with with edamame & carrots	Lentils bolognaise pasta Vegetable of the day	Turkey chili with wholegrain tortillas	Cheese tortelini, rosée sauce vegetables of the day	Chicken cacciatore with mashed potato
Vegetarian	Mined tofu fried rice with with edamame & carrots	Lentils bolognaise pasta Vegetable of the day	Vegan chili with wholegrain tortillas	Cheese tortelini, rosée sauce vegetables of the day	Bean & olive stew with mashed potato
Vegan	Mined tofu fried rice with with edamame & carrots	Lentils bolognaise pasta Vegetable of the day	Vegan chili with wholegrain tortillas	Vegan cheese pasta vegetables of the day	Bean & olive stew with mashed potato
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Rice cake & yogurt dip	Mealba toast cheese spread	Mini crepe, strawberry spread	Wholewheat crackers & cheese	Oat & raisins galette
	09	**10**	**11**	**12**	**13**
Regular	Coconut chick peas & vegetagles curry Served with naan	Baked ziti pasta with ground chicken & cheese	Salmon rice with carrots & peas	Hamburger steak, gravy with mashed potato Vegetable of the day	cheese pizza Served with crudités
Vegetarian	Coconut chick peas & vegetagles curry Served with naan	Baked ziti pasta with Chick peas & cheese	Salmon rice with carrots & peas	Vegan patty, gravy with mashed potato Vegetable of the day	Cheese pizza Served with crudités
Vegan	Coconut chick peas vegetagles curry	Baked ziti pasta with Chick peas	Tofu rice with carrots & peas	Vegan patty, gravy with mashed potato	Vegan chheese pizza Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Crudités & tzatziki	Wholewheat crackers & cheese	Waffles & wow butter	English muffin tuna spread	Blueberry muffin
	16	**17**	**18**	**19**	**20**
Regular	Vegan Minestrone soup With wholewheat bread	Chicken stroganoff Served with pasta	Mexican black bean rice assorted veggies	Beef bourguignon mashed potato	Veal ravioli, rosée sauce vegetables of the day
Vegetarian	Vegan Minestrone soup With wholewheat bread	Mushroom Stroganoff Served with pasta	Mexican black bean rice assorted veggies	Mushroom bourguignon mashed potato	Cheese ravioli, rosée sauce vegetables of the day
Vegan	Vegan Minestrone soup With wholewheat bread	Mushroom Stroganoff Served with pasta	Mexican black bean rice assorted veggies	Mushroom bourguignon mashed potato	Vegan cheese pasta vegetables of the day
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Wholewheat crackers & cheese	Raisins bread	Naan & ceamy hummus	Pita & creamy avocado dip	Banana bread
	23	**24**	**25**	**26**	**27**
Regular	Cream of cauliflower sweet potato & carrots soup With half grilled cheese	Meat sauce Spaghetti Vegetable of the day	Turmeric spanish rice with white fish & macedoine	Creamy beef, spinach & mushroom pasta	cheese pizza Served with crudités
Vegetarian	Cream of cauliflower sweet potato & carrots soup With half grilled cheese	Minced tofu Spaghetti Vegetable of the day	Turmeric spanish rice with white fish & macedoine	Creamy tofu, spinach & mushroom pasta	Cheese pizza Served with crudités
Vegan	Cream of cauliflower With half grilled cheese	Minced tofu Spaghetti Vegetable of the day	Turmeric spanish rice with white fish & macedoine	Creamy tofu, spinach & mushroom pasta	Vegan chheese pizza Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Crudités & ranch	Wholewheat crackers & cheese	Cheese mini quiche	Half bagel & cream cheese	Carrots & cinnamon muffin
	30				
Regular	Split pea soup With wholewheat bread				
Vegetarian	Split pea soup With wholewheat bread				
Vegan	Split pea soup With wholewheat bread				
Dessert	Apple sauce				
PM Snack	Rice cake & cheese spread				

Traiteur Evoo Santé inc
Tel. 514-400-4545
info@evoosante.ca