

CPE Narnia

Mois: October 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
AM	Wholegrains cereals		Fresh fruits		Fresh fruits		Fresh fruits		Fresh fruits
Regular		 Traiteur Evoos Santé inc Tel. 514-400-4545 info@evoosante.ca				01	Chicken cacciatore with mashed potato	02	Singapore noodles Curry & soy sauce Tofu cheese & chop suey
Vegetarian							Bean & olive stew with mashed potato		Singapore noodles Curry & soy sauce Tofu cheese & chop suey
Vegan							Bean & olive stew with mashed potato		Singapore noodles Tofu cheese & chop suey
Dessert							Fresh fruits		Gelatin free yogurt
PM Snack							Wholewheat crackers & cheese		Carrots & cinnamon muffin
	05	06	07	08	09				
Regular	Beef fried rice with with edamame & carrots	Lentils bolognaise pasta Vegetable of the day	Turkey chili with wholegrain tortillas	Veal tortellini, rosée sauce vegetables of the day	cheese pizza Served with crudités				
Vegetarian	Mined tofu fried rice with with edamame & carrots	Lentils bolognaise pasta Vegetable of the day	Vegan chili with wholegrain tortillas	Cheese tortellini, rosée sauce vegetables of the day	Cheese pizza Served with crudités				
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	Vegan cheese pizza Served with crudités				
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt				
PM Snack	Rice cake & yogurt dip	Mealba toast cheese spread	Crudités & hummus	Wholewheat crackers & cheese	Oat & raisins galette				
	12	13	14	15	16				
Regular	Closed	Vegan coconut chick peas & vegetables curry Served with naan	Salmon rice with carrots & peas	Baked ziti pasta with ground chicken & cheese	Hamburger steak, gravy with mashed potato Vegetable of the day				
Vegetarian		Coconut chick peas & vegetables curry Served with naan	Salmon rice with carrots & peas	Baked ziti pasta with Chick peas & cheese	Vegan patty, gravy with mashed potato Vegetable of the day				
Vegan		Coconut chick peas vegetables curry	Tofu rice with carrots & peas	Baked ziti pasta with Chick peas	Vegan patty, gravy with mashed potato				
Dessert		Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt				
PM Snack		Wholewheat crackers & cheese	Waffles & wow butter	English muffin tuna spread	Blueberry muffin				
	19	20	21	22	23				
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	Crudités & tzatziki	Raisins bread	Naan & ceamy hummus	Wholewheat crackers & cheese	Banana bread				
	26	27	28	29	30				
Regular	Cream of pumpkin 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	Chicken & cheese pizza Served with crudités				
Vegetarian	Cream of pumpkin 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 pumpkin With half grilled cheese	Minced tofu Spaghetti Vegetable of the day	Turmeric spanish rice with white fish & macedoine	Creamy tofu, spinach & mushroom pasta	Vegan cheese pizza Served with crudités				
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt				
PM Snack	Breadsticks & wow butter	Pita & creamy avocado dip	Cheese mini quiche	Half bagel & cream cheese	Halloween treats				