













Eat Right and Feel Bright with our variety of healthy meals



# Dalkeith Bistro Menu 2022-2023

MENU CYCLE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
<b>WEEK 1</b> Oct. 3* Nov. 7 Dec. 12* Jan. 30 March 13* April 17 May 22*	Lunch Entrée	Multigrain Chicken Burger	 Macaroni and Cheese	Chicken Souvlaki Platter	Beef Taco Bowl <b>Shepherd's Pie*</b>	 Cheese Pizza						
		<b>WEEK 2</b> Oct. 10* Nov. 14 Dec. 19* Feb. 6 March 20* April 24 May 29*	Lunch Entrée	 Ocean Bites	Salisbury Steak with Gravy	BBQ Chicken Leg Or <b>*Chicken Fajitas</b>	Pasta Alla Bolognese (Beef)	 Cheese Pizza				
				<b>WEEK 3</b> Sept. 12 Oct. 17* Nov. 21 Jan. 9* Feb. 13 March 27* May 1 June 5*	Lunch Entrée	Cheeseburger (Beef)	Chicken Pot Pie	 Cheese Tortellini in Rosé Sauce <b>*Cheese Manicotti</b>	 Beef Chili	 Cheese Pizza		
						<b>WEEK 4</b> Sept. 19 Oct. 24* Nov. 28 Jan. 16* Feb. 20 April 3* May 8 June 12	Lunch Entrée	Chicken Nuggets	<b>Chef's Special</b>	 Savory Tuna Pasta Or <b>* Baked Pasta</b>	Shepherd's Pie	 Cheese Pizza
								<b>WEEK 5</b> Sept. 26 Oct. 31* Dec. 5 Jan. 23* Feb. 27 April 10* May 15	Lunch Entrée	Hamburger (Beef)	 Fish Filet Lemon and Herbs Or <b>*Fish Roulade</b>	Zesty Chicken Platter

\*Entrées are only served on specified dates

- All lunch entrées are served with a vegetable
- Menu is subject to change according to season, special occasions and product availability. Visit <https://www.emsb.qc.ca/emsb/services/support-services/nutrition> for more details)

⚠ Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)



**Plant Power:** Vegetarian Option



**Bright Future:** Food for the Brain



**ProTeam:** Includes 2 Protein Foods





Dear Students and Parents,

The mission of Nutrition and Food Services is to promote health-enhancing attitudes and behaviours among our students by ensuring access to varied and nutritious foods needed to stay healthy and focused in school.

To encourage healthy eating, our bistros promote the consumption of nutrient dense foods by:

- ✓ Decreasing the availability of high sugar content foods
- ✓ Decreasing the availability of high fat content foods
- ✓ Preventing the accessibility to soft drinks, deep fried foods, chocolates and candies on school grounds
- ✓ Increasing the availability of high fiber content foods
- ✓ Offering students balanced meals and snacks providing essential nutrients
- ✓ Providing informative materials on nutrition topics

All safety measures have been put in place to minimize any risk to our students-clients and staff and help keep our school communities safe. Our menus are carefully developed by the school board dietitians with your children's nutrient needs and safety in mind. The bistros are supervised regularly by food technicians to ensure the safe and nutritious service of all meals.

Please find below the bistro price list as well as a copy of the menu for the beginning of 2022-2023 academic year.

## All items sold à la carte BISTRO PRICE LIST 2022-2023

<i>Meal Items</i>	<i>Beverages</i>																																																																																				
<table border="0" style="width: 100%;"> <tr> <td style="width: 80%;">Entrée (served with vegetables)</td> <td style="text-align: right;">3.85</td> </tr> <tr> <td>Hefty Portion</td> <td style="text-align: right;">5.25</td> </tr> <tr> <td>Mashed Potato / Rice</td> <td style="text-align: right;">1.00</td> </tr> <tr> <td>Potato Wedges, baked</td> <td style="text-align: right;">1.00</td> </tr> <tr> <td>Vegetable</td> <td style="text-align: right;">0.75</td> </tr> <tr> <td>Bread Roll &amp; Butter</td> <td style="text-align: right;">1.00</td> </tr> <tr> <td>Breakfast Sandwich/Ham &amp; Cheese Croissant</td> <td style="text-align: right;">3.25</td> </tr> <tr> <td>Grilled Panini, Calzone, Baked Pizza in a Box</td> <td style="text-align: right;">4.85</td> </tr> <tr> <td>Salad Bowl Power Bowl</td> <td style="text-align: right;">5.25</td> </tr> <tr> <td colspan="2" style="border-top: 1px solid black; padding-top: 5px;"><i>Soup - Salad - Sandwich</i></td> </tr> <tr> <td>Soup &amp; Crackers</td> <td style="text-align: right;">1.25</td> </tr> <tr> <td>Salad (vegetable)/Crudités and Dip</td> <td style="text-align: right;">0.75</td> </tr> <tr> <td>Grain Salad (macaroni, rice, bean, couscous)</td> <td style="text-align: right;">1.25</td> </tr> <tr> <td>Crudités Plate and Dip</td> <td style="text-align: right;">1.75</td> </tr> <tr> <td>Sandwiches: Regular Sandwich</td> <td style="text-align: right;">2.50</td> </tr> <tr> <td style="padding-left: 20px;">Gourmet Sandwich</td> <td style="text-align: right;">3.50</td> </tr> <tr> <td>Bagel</td> <td style="text-align: right;">1.25</td> </tr> <tr> <td>Warmed Bagel &amp; 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### MEAL BOOKLET 10 meal deals for \$49.50

Meal Deal Includes:  
Entrée, Vegetable, starch  
Soup or Dessert of the day\*,  
Milk or Water

**MEAL BOOKLET**  
Contact your school to order

\*pudding, fruit jelly, fruit cocktail, fresh fruit, yogurt, 1 small oatmeal cookies or muffin

**WISHING ALL STUDENTS A  
NUTRITIONALLY SUCCESSFUL SCHOOL YEAR!**