



2019 -2020 EMSB Multi-Service Cafeteria Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 9	September 10	September 11	September 12	September 13
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vegetarian Frittata Oven Roasted Potatoes Sunrise Vegetables	Cabbage Roll Casserole Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Pick of the Day Vegetables	Beef Forestiere Seasoned Egg noodles Mixed Vegetables
Short Order	Pull Pork Sandwich Salad	Hamburger Lettuce and Tomato	BBQ Grilled Chicken Flatbread Gourmet Salad	Quesadilla De Carne Mexican Salad	Greek Pizza Salad
	September 16	September 17	September 18	September 19	September 20
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	<u><i>Discovery Menu</i></u>	Shepherd's Pie with Gravy Mixed vegetables	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Cheese Tortellini in Rosée Sauce Whole Green Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Vegetarian Roll Mixed Green Salad	Taco Bowl (Beef) Corn Salad	Chicken Caesar Pizza Gourmet Salad
	September 23	September 24	September 25	September 26	September 27
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Fiesta Chili Platter Bread Roll	Macaroni and Cheese Garden Style Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Salisbury Steak with Gravy Mashed Potatoes Peas and Carrots
Short Order	Mixed Deli Sandwich Caesar Salad	Tuna Melt Salad	Shish Taouk Sandwich Gourmet Salad	Philly Steak Sub Salad and Tomato	Three Cheese Pizza Salad
	September 30	October 1	October 2	October 3	October 4
Lunch Entree	General Tao Chicken Seasoned Rice with Carrots Garden Vegetables	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Alfredo Ziti Al Forno Crinkled Carrots	Chicken Souvlaki Platter Pilaf Rice Sunrise Vegetables	Pasta Alla Bolognese (No Cheese) Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Coleslaw	Chicken Fajitas With Salsa Salad	Vegetarian Quesadilla Gourmet Salad	Cheeseburger Mixed Green Salad	Greek Pizza Lettuce and Tomato
	October 7	October 8	October 9	October 10	October 11
Lunch Entree	Meatballs in Sauce Seasoned Egg Noodles Mexican Vegetables	Zesty Chicken Platter Seasoned Rice With Carrots Pick of the Day Vegetables	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Shepherd's Pie Gravy Garden Style Vegetables	Butter Chicken Basmati Rice Mixed Vegetables
Short Order	Chicken Chipotle Wrap Gourmet Salad	Fish Taco Bowl Salad	Philly Bagel (Beef) Mixed Green Salad	BBQ Grilled Chicken Flatbread Crudités & Dip	Mexican Pizza Mexican Salad



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 14	October 15	October 16	October 17	October 18
Lunch Entree	Holiday	Korean Sesame Beef Basmati Rice Sunrise Vegetables	Fish Roulade Seasoned Egg Noodles Mixed Vegetables	Lasagna (Beef) Crinkled Carrots	Chicken Delight Mashed Potatoes Mexican Vegetables
Short Order		Mixed Deli Sandwich Gourmet Salad	Multigrain Chicken Burger Salad	Pulled Pork Sandwich Lettuce and Tomato	Vegetable Pizza Mixed Green Salad
	October 21	October 22	October 23	October 24	October 25
Lunch Entree	Ped Day	Tomato & Cheese Macaroni Mixed Vegetables	BBQ Chicken Leg Potato Wedges Peas and Carrots	<i>Discovery Menu</i>	African Beef Egg Noodles Cocktail Vegetables
Short Order		Hamburger and Sante Fe Veggie Burger Gourmet Salad	Italian Meatball Roll (Beef) Mixed Green Salad	Fish & Dip Salad	Three Cheese Pizza Ceasar Salad
	October 28	October 29	October 30	October 31	November 1
Lunch Entree	Korean Sesame Beef Basmati Rice Crinkled Carrots	Chiken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Shepherd's Pie with Gravy Garden Style Vegetables	Macaroni and Cheese Broccoli	Cabbage Roll Casserole (Beef) Pick of the Day Vegetables
Short Order	Vegetarian Quesadilla Mixed Green Salad	Hamburger Salad	Chicken Fajita With Salsa Carrot Slaw	Philly Bagel Salad	Chicken Ceasar Pizza Gourmet Salad
	November 4	November 5	November 6	November 7	November 8
Lunch Entree	Cheese Tortellini In Rosé Sauce Whole Green Beans	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Chicken Pad Thaï Pick of the Day Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Rigatoni (Beef) Mixed vegetables
Short Order	Vegetarian Roll Lettuce and Tomato	Multigrain Chicken Burger Caesar Salad	BBQ Rib Sub (Beef) Mixed Green Salad	Taco Bowl (Beef) Corn Salad	Western Chiplote Pizza Salad
	November 11	November 12	November 13	November 14	November 15
Lunch Entree	Alfredo Ziti Al Forno (Chicken) Cocktail Vegetables	General Tao Chicken Seasoned Rice with Carrots Garden Style Vegetables	Lasagna (Beef) Crinkled Carrots	Meatballs in Sauce Seasonned Egg Noodles Green Beans	Ped Day
Short Order	Cheeseburger Lettuce and Tomato	Gyro Pita Sandwich (Beef & Lamb) Salad (for Gyro)	Mexican Turkey Wrap Salad	Fish & Dip Mixed Green Salad	



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 18	November 19	November 20	November 21	November 22
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vegetarian Frittata Oven Roasted Potatoes Sunrise Vegetables	Cabbage Roll Casserole (Beef) Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Pick of The Day Vegetables	Beef Forestiere Seasoned Egg Noodles Mixed Vegetables
Short Order	Pull Pork Sanwich Salad	Hamburger Lettuce and Tomato	BBQ Grilled Chicken Flatbread Gourmet Salad	Quesedilla De Carne Mexican Salad	Greek Pizza Salad
	November 25	November 26	November 27	November 28	November 29
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	<i><u>Discovery Menu</u></i>	Shepherd's Pie with Gravy Mixed Vegetables	Fish Roulade Seasonned Egg Noodles Garden Style Vegetables	Cheese Tortellini in Rosée Sauce Whole Green Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Vegetarian Roll Mixed Green Salad	Taco Bowl (Beef) Corn Salad	Chicken Ceasar Pizza Gourmet Salad
	December 2	December 3	December 4	December 5	December 6
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Fiesta Chili Platter Bread Roll	Macaroni and Cheese Garden Style Vegetables	Turkey Roast with Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce Holiday Treat	Salisbury Steak with Gravy Mashed Potatoes Vegetable of the Day
Short Order	Mixed Deli Sandwich Ceasar Salad	Tuna Melt Salad	Shish Taouk Sandwich Gourmet Salad	Three Cheese Pizza Crudit� & Dip	
	December 9	December 10	December 11	December 12	December 13
Lunch Entree	General Tao Chicken Seasoned Rice with Carrots Garden Vegetables	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Alfredo Ziti Al Forno Crinkled Carrots	Chicken Souvlaki Platter Pilaf Rice Sunrise Vegetables	Pasta Alla Bolognese (No Cheese) Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Coleslaw	Chicken Fajita With Salsa Salad	Vegetarian Quesadilla Gourmet Salad	Cheeseburger Mixed Green Salad	Greek Pizza Lettuce and Tomato
	December 16	December 17	December 18	December 19	December 20
Lunch Entree	Meatballs in Sauce Seasoned Egg Noodles Mexican Vegetables	Zesty Chicken Platter Seasoned Rice With Carrots Pick of the Day Vegetables	Cheese Manicotti In a Tomato Sauce Sunrise Vegetables	Shepherd's Pie Gravy Garden Style Vegetables	Butter Chicken Basmati Rice Mixed Vegetables
Short Order	Chicken Chipotle Wrap Gourmet Salad	Fish Taco Bowl Salad	Philly Bagel (Beef) Mixed Green Salad	BBQ Grilled Chicken Flatbread Crudit�s & Dip	Mexican Pizza Mexican Salad