



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services



High School Menu - January 18 to April 2, 2021

| | MONDAY January 18 | TUESDAY January 19 | WEDNESDAY January 20 | THURSDAY January 21 | FRIDAY January 22 |
|----------|--|--|--|--|--|
| Choice 1 | Cheese Tortellini In Rosé Sauce Green Beans | Fish Lemon Herbs Seasoned Egg Noodles Garden Style Vegetables | Chicken Pad Thai Pick of the day Vegetables | Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables | Rigatoni (Beef) Mixed Vegetables |
| Choice 2 | Vegetarian Quesadilla Cocktail Vegetables | Multigrain Chicken Burger Caesar Salad | BBQ Rib Sub Mixed Green Salad | Taco Bowl (Beef) Corn | Western Chiplote Pizza Salad |
| | January 25 | January 26 | January 27 | January 28 | January 29 |
| Choice 1 | Alfredo Ziti Al Forno (Chicken) Lettuce and Tomato | General Tao Chicken Seasoned Rice with Carrots Garden Style Vegetables | Brunch for Lunch Panacake(1), Chicken Sausages(2) Scrambled Egg , Roasted Potatoes Baby Carrots, Syrup | Meatballs in Sauce Gravy Seasonned Egg Noodles Green Beans | Butter Chicken Basmati Rice Pick of the Day Vegetables |
| Choice 2 | Cheeseburger Lettuce and Tomato | Gyro Pita Sandwich (Beef, Lamb) Salad (for Gyro) | Mexican Turkey Wrap Salad | Fish & Dip Mixed Green Salad | Pizza Deluxe (Capicollo) Caesar Salad |
| | February 1 | February 2 | February 3 | February 4 | February 5 |
| Choice 1 | Cheese Manicotti in Tomato Sauce Cocktail Vegetables | Vege Frittata Oven Roasted Potatoes Sunrise Vegetables | Chicken a la Parmigiana Seasonned Egg Noodles Garden Style Vegetables | BBQ Chicken Leg Potato Wedges Pick of The Day Vegetables | Pot Roast (Beef) Seasonned Egg Noodles Mixed Vegetables |
| Choice 2 | BBQ Grilled Chicken Flatbread Mixed Green Salad | Hamburger Lettuce and Tomato | Pull Pork Sanwich Coleslaw | Quesadilla De Carne Gourmet Salad | Greek Pizza Salad |
| | February 8 | February 9 | February 10 | February 11 | February 12 |
| Choice 1 | Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables | <i>Discovery Menu</i> | Fish Roulade Seasonned Egg Noodles Garden Style Vegetables | Shepherd's Pie Gravy Mixed Vegetables | Cheese Tortellini in Rosée Sauce Green Beans |
| Choice 2 | Italian Meatball Roll (Beef) Mixed Green Salad | Multigrain Chicken Burger Lettuce & Tomato | Taco Bowl (Beef) Corn Salad | Vegetarian Roll Salad | St-Valentine's Treat Chicken Caesar Pizza Gourmet Salad |
| | February 15 | February 16 | February 17 | February 18 | February 19 |
| Choice 1 | Teriyaki Chicken Mixed Vegetables | Cabbage Roll Casserole (Beef) Pick of the day Vegetables | Macaroni and Cheese Garden Style Vegetables | Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables | Salisbury Steak Gravy Mashed Potatoes Peas and Carrots |
| Choice 2 | Mixed Deli Sandwich Caesar Salad | Dumpling (Chicken) Edamame & Cabbage Salad | BBQ Turkey Burger Gourmet Salad | Philly Steak Sub Crudité & Dip | Three Cheese Pizza Salad |

Cafeteria Menu

| | MONDAY February 22 | TUESDAY February 23 | WEDNESDAY February 24 | THURSDAY February 25 | FRIDAY February 26 |
|----------|--|---|--|--|--|
| Choice 1 | General Tao Chicken Seasoned Rice with Carrots Garden Vegetables | Parmigiana Meatloaf (Beef) Seasoned Egg Noodles Cocktail Vegetables | Alfredo Ziti Al Forno Crinkled Carrots | Chicken Fried Rice Sunrise Vegetables | Pasta Alla Bolognese (No Cheese) Mixed Vegetables |
| Choice 2 | BBQ Rib Sub (Beef) Coleslaw | Chicken Fajita With Salsa Salad | Italian Pou Teen Gourmet Salad | Cheeseburger Mixed Green Salad | Greek Pizza Lettuce and Tomato |
| | March 8 | March 9 | March 10 | March 11 | March 12 |
| Choice 1 | Meatballs in Sauce Gravy Seasoned Egg Noodles Mexican Vegetables | Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables | Baked Spaghetti au Gratin Sunrise Vegetables | Shepherd's Pie Gravy Garden Style Vegetables | Butter Chicken Basmati Rice Mixed Vegetables |
| Choice 2 | Chicken Chipotle Wrap Salad | Fish Taco Bowl Coleslaw (for Fish Taco) | <i>Discovery Menu</i> | BBQ Grilled Chicken Flatbread Crudités & Dip | Mexican Pizza Mexican Salad |
| | March 15 | March 16 | March 17 | March 18 | March 19 |
| Choice 1 | Cheese Tortellini in Rosée Sauce Pick of The Day Vegetables | Korean Sesame Beef Basmati Rice Sunrise Vegetables | Fish Roulade Seasoned Egg Noodles Mixed Vegetables | Lasagna (Beef) and Lentil Lasagna Crinkled Carrots | Chicken Delight Mashed Potatoes Mexican Vegetables |
| Choice 2 | BBQ Rib Sub Crudités & Dip | Mixed Deli Sandwich Caesar Salad | Multigrain Chicken Burger Salad | Pulled Pork Sandwich Lettuce and Tomato | Vegetable Pizza Mixed Green Salad |
| | March 22 | March 23 | March 24 | March 25 | March 26 |
| Choice 1 | Teriyaki Chiken Pick of The Day Vegetables | Olé Meat Pie Parsley Potatoes Mixed Vegetables | BBQ Chicken Leg Potato Wedges Peas and Carrots | Chinese Macaroni (Beef) Sunrise Vegetables | Philly Steak Chipotle Wrap Coleslaw |
| Choice 2 | Fish & Dip Salad | <i>Discovery Menu</i> | Italian Meatball Roll (Beef) Mixed Green Salad | Chicken Quesadilla Salsa Lettuce and Tomato | Three Cheese Pizza Caesar Salad |
| | March 29 | March 30 | March 31 | April 1 | April 2 |
| Choice 1 | Macaroni and Cheese Broccoli | Chiken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables | Savory Tuna Pasta Cocktail Vegetables | Sugar Shack 1 Pancake, 2 chicken Sausages Scrambled Eggs, Roasted Potatoes Coleslaw, Syrup | Holiday |
| Choice 2 | Vegetarian Roll Mixed Green Salad | Hamburger Salad | Chicken Fajita With Salsa Lettuce and Tomato | | |

Note: 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.)
Menu subject to change depending on product availability from our suppliers.