



2021 -2022 EMSB Multi-Service Bistro Menu
April 4 to May 27, 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	April 4	April 5	April 6	April 7	April 8
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 Seasoned Egg Noodles Green Beans	Butter Chicken Basmati Rice Pick of the Day Vegetables
Short Order	Cheeseburger Lettuce and Tomato	Gyro Pita Sandwich (Beef & Lamb) Salad (for Gyro)	Mexican Turkey Wrap Salad	Fish & Dip Mixed Green Salad	Vegetable Pizza Caesar Salad
	April 11	April 12	April 13	April 14	April 15
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vegetarian Frittata Oven Roasted Potatoes Sunrise Vegetables	Chicken a la Parmigiana Seasoned Egg Noodle Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Pick of The Day Vegetables	Good Friday
Short Order	BBQ Grilled Chicken Flatbread Salad	Hamburger Lettuce and Tomato	Pulled Pork Sandwich Gourmet Salad	Quesadilla De Carne Mixed Green Salad	
	April 18	April 19	April 20	April 21	April 22
Lunch Entree	Easter Monday	<u>Discovery Menu</u>	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Shepherd's Pie Gravy Mixed Vegetables	Cheese Tortellini in Rosée Sauce Whole Beans
Short Order		Multigrain Chicken Burger Lettuce and Tomato	Taco Bowl (Beef) Corn Salad	Veggie Cheese Sandwich Salad	Chicken Caesar Pizza Gourmet Salad
	April 25	April 26	April 27	April 28	April 29
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Cabbage Roll Casserole Pick of he Day Vegetables	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	Dumpling (Chicken & Vegetable) Edamame Salad	BBQ Turkey burger Gourmet Salad	Philly Steak SUB Crudit�e & Dip	Three Cheese Pizza Salad
	May 2	May 3	May 4	May 5	May 6
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 Fried Rice Sunrise Vegetables	Pasta Alla Bolognese (No Cheese) Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Coleslaw	Chicken Fajitas With Salsa Salad	Italian Pou-Teen Gourmet Salad	Cheeseburger Mixed Green Salad	Greek Pizza Lettuce and Tomato



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 9	May 10	May 11	May 12	May 13
Lunch Entree	Meatballs in Sauce 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
Short Order	Chicken Chipotle Wrap Gourmet Salad	Fish Taco Bowl Coleslaw (for Fish Taco)	Philly Bagel (Beef) Mixed Green Salad	BBQ Grilled Chicken Flatbread Crudités & Dip	Mexican Pizza Mexican Salad
	May 16	May 17	May 18	May 19	May 20
Lunch Entree	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 Cacciatore Mashed Potatoes Mexican Vegetables
Short Order	BBQ Rib Sub Crudités & Dip	Mixed Deli Sandwich Gourmet Salad	Multigrain Chicken Burger Salad	Pulled Pork Sandwich Lettuce and Tomato	Vegetable Pizza Mixed Green Salad
	May 23	May 24	May 25	May 26	May 27
Lunch Entree	Victoria day	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
Short Order		<u><i>Discovery Menu</i></u>	Italian Meatball Roll (Beef) Mixed Green Salad	Chicken Quesdilla Lettuce & Tomato	Three Cheese Pizza Caesar Salad

*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 is subject to change according to season, special occasions and product availability.*