



2021 -2022 EMSB Multi-Service Bistro Menu

January 17 to April 1, 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 17	January 18	January 19	January 20	January 21
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
	January 24	January 25	January 26	January 27	January 28
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vegetarian Frittata Oven Roasted Potatoes Sunrise Vegetables	Brunch for Lunch Pancake(1), Chicken Sausages(2) Scrambled Egg B-140, Roasted Potatoes G-3 Baby Carrots, Syrup	BBQ Chicken Leg Potato Wedges Pick of The Day Vegetables	Pot Roast (Beef) Seasoned Egg Noodles Mixed Vegetables
Short Order	BBQ Grilled Chicken Flatbread Salad	Hamburger Lettuce and Tomato	Pulled Pork Sandwich Gourmet Salad	Quesadilla De Carne Mixed Green Salad	Greek Pizza Salad
	January 31	February 1	February 2	February 3	February 4
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Discovery Menu	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Shepherd's Pie Gravy Mixed Vegetables	Cheese Tortellini in Rosée Sauce Whole Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Taco Bowl (Beef) Corn Salad	Veggie Cheese Sandwich Salad	Chicken Caesar Pizza Gourmet Salad
	February 7	February 8	February 9	February 10	February 11
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 St. Valentine Treat
Short Order	Mixed Deli Sandwich Caesar Salad	Dumpling (Chicken & Vegetable) Edamame Salad	BBQ Turkey burger Gourmet Salad	Philly Steak SUB Crudit� & Dip	Three Cheese Pizza Salad
	February 14	February 15	February 16	February 17	February 18
Lunch Entree	PED Day	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		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
	February 21	February 22	February 23	February 24	February 25
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
	February 28	March 1	March 2	March 3	March 4
Lunch Entree	<h1>Spring Break</h1>				
Short Order					
	March 7	March 8	March 9	March 10	March 11
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
	March 14	March 15	March 16	March 17	March 18
Lunch Entree	Teriyaki Chicken 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
Short Order	Fish & Dip Salad	<i>Discovery Menu</i>	Italian Meatball Roll (Beef) Mixed Green Salad	Chicken Quesdilla Lettuce & Tomato	Three Cheese Pizza Caesar Salad
	March 21	March 22	March 23	March 24	March 25
Lunch Entree	Macaroni and Cheese Broccoli	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Savory Tuna Pasta Cocktail Vegetables	Shepherd's Pie Gravy Garden Style Vegetables	Tomato Meatballs Pasta Pick of the Day Vegetables
Short Order	Cheese Pizza Roll-Up Baby Carrots	Hamburger Salad	Turkey Hummus Wrap Carrot Slaw	Chicken Fajita With Salsa Lettuce and Tomato	Chicken Caesar Pizza Gourmet Salad
	March 28	March 29	March 30	March 31	April 1
Lunch Entree	Cheese Tortellini In Rosé Sauce Whole Beans	Fish Lemon Herb 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
Short Order	Vegetarian Quesadilla Lettuce and Tomato	Multigrain Chicken Burger Caesar Salad	BBQ Rib Sub (Beef) Mixed Green Salad	Taco Bowl (Beef) Corn Salad	Western Chipotle Pizza 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.