



2021 -2022 EMSB Multi-Service Bistro Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 30	August 31	September 1	September 2	September 3
Lunch Entree	No Service	No Service	Macaroni and Cheese Broccoli	BBQ Chicken Leg Potato Wedges Peas and Carrots	Mexican Rice Mixed Vegetables
Short Order			Italian Meatball Roll (Beef) Salad	Beef Salsa Wrap Corn Salad	Greek Pizza Salad
	September 6	September 7	September 8	September 9	September 10
Lunch Entree	HOLIDAY	<u>Discovery Menu</u>	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Shepherd's Pie with Gravy Mixed Vegetables	Cheese Tortellini in Rosée Sauce Whole Green/Yellow Beans
Short Order		Multigrain Chicken Burger Lettuce and Tomato	Taco Bowl (beef) Corn	Vegetarian Quesadilla Mixed Green Salad	Chicken Caesar Pizza Gourmet Salad
	September 13	September 14	September 15	September 16	September 17
Lunch Entree	Teriyaki Chicken with Rice 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 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 Crudité & Dip	Three Cheese Pizza Salad
	September 20	September 21	September 22	September 23	September 24
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	Italian Pou-Teen Gourmet Salad	Cheeseburger Mixed Green Salad	Greek Pizza Lettuce and Tomato
	September 27	September 28	September 29	September 30	October 1
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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 4	October 5	October 6	October 7	October 8
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) <u>and</u> Lentil Lasagna Crinkled Carrots	Chicken Cacciatore Mashed Potatoes Mexican Vegetables
Short Order	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
	October 11	October 12	October 13	October 14	October 15
Lunch Entree	HOLIDAY	Olé Meat Pie Parsley Potatoes Mixed Vegetables	BBQ Chicken Leg Potato Wedges Peas and Carrots	Chinese Macaroni (Beef) Sunrise Vegetables	PED DAY
Short Order		<u>Discovery Menu</u>	Italian Meatball Roll (Beef) Mixed Green Salad	Three Cheese Pizza Salad	
	October 18	October 19	October 20	October 21	October 22
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
	October 25	October 26	October 27	October 28	October 29 Halloween
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	Halloween Treat Western Chipotle Pizza Salad
	November 1	November 2	November 3	November 4	November 5
Lunch Entree	Ped Day	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		Gyro Pita Sandwich (Beef & Lamb) Salad (for Gyro)	Mexican Turkey Wrap Salad	Fish & Dip Mixed Green Salad	Vegetable Pizza Caesar Salad



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 8	November 9	November 10	November 11	November 12
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	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
	November 15	November 16	November 17	November 18	November 19
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	<i>Discovery Menu</i>	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
	November 22	November 23	November 24	November 25	November 26
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Cabbage Roll Casserole Pick of the 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 Crudité & Dip	Three Cheese Pizza Salad
	November 29	November 30	December 1	December 2	December 3
Lunch Entree	General Tao Chicken Seasoned Rice with Carrots Garden Vegetables	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Alfredo Ziti Al Forno Crinkled Carrots	Turkey Roast with Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce Holiday Treat	Pasta Alla Bolognese (No Cheese) Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Coleslaw	Chicken Fajita With Salsa Salad	Vegetarian Quesadilla Gourmet Salad		Greek Pizza Lettuce and Tomato
	December 6	December 7	December 8	December 9	December 10
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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 13	December 14	December 15	December 16	December 17
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 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
	December 20	December 21	December 22	December 23	December 24
Lunch Entree	Fish & Dip Seasoned Egg Noodles Pick of The Day Vegetables	Olé Meat Pie Parsley Potatoes Mixed Vegetables	BBQ Chicken Leg Potato Wedges Peas and carrots		
Short Order	Teriyaki Chicken Pick of The Day Vegetables	Three Cheese Pizza Gourmet Salad	Italian Meatball Roll (Beef) Mixed Green 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.