



CSEM Nutrition et services alimentaires  
EMSB Nutrition and Food Services

## 2022 -2023 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for  
January to March 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 9	January 10	January 11	January 12	January 13
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 Beef Meatball Pasta Pick of The Day Vegetables
Short Order	Mixed Deli Sandwich Mixed Green Salad	Hamburger Salad	Multigrain Chicken Burger Carrot Slaw	Chicken Fajita With Salsa Tomato and Lettuce	Chicken Ceasar Pizza Gourmet Salad
	January 16	January 17	January 18	January 19	January 20
Lunch Entree	Cheese Tortellini In Rosé Sauce Whole Green/Yellow Beans	Fish Lemon Herbs Seasoned Egg Noodles Garden Style Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Cocktail Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Rigatoni (Beef) Mixed Vegetables
Short Order	Chicken Souvlaki Pita Mixed Green Salad	Multigrain Chicken Burger Caesar Salad	Vegetarian Quesadilla Lettuce and Tomato	Taco Bowl (Beef) Corn Salad	Western Chiplote Pizza Salad
	January 23	January 24	January 25	January 26	January 27
Lunch Entree	Chicken Alfredo Ziti Al Forno Cocktail Vegetables	Meatballs in Gravy Seasoned Egg Noodles Mixed Vegetables	General Tao Chicken Seasoned Rice with Carrots Garden Style Vegetables	Beef Lasagna <u>and</u> Lentil Lasagna Crinkled Carrots	Butter Chicken Basmati Rice Pick of the Day Vegetables
Short Order	Cheeseburger <u>and</u> Santa Fe Cheeseburger Salad	Chicken Sub Mixed Green Salad	BBQ Sicilian Panini (Beef) Coleslaw	Chicken Chipotle Wrap Salad	Vegetable Pizza Crudités & Dip

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 30	January 31	February 1	February 2	February 3
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vege Frittata Potato Wedges Sunrise Vegetables	Chicken à la Parmigiana Seasoned Egg Noodles Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Pick of The Day Vegetables	Beef Stew Seasoned Egg Noodles Mixed Vegetables
Short Order	BBQ Grilled Chicken Sub Salad	Hamburger Lettuce and Tomato	Pulled Pork Sanwich Gourmet Salad	Quesadilla De Carne Mixed Green Salad	Greek Pizza Salad
	February 6	February 7	February 8	February 9	February 10
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 Green/Yellow Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce & Tomato	Taco Bowl (Beef) Corn Salad	Vegetarian Quesadilla Mixed Green Salad	Chicken Caesar Pizza Gourmet Salad
	February 13	February 14	February 15	February 16	February 17
Lunch Entree	Korean Sesame Beef Basmati Rice Mixed Vegetables	Chicken Pot Pie Seasoned Rice With Carrots Pick of the Day Vegetables	Macaroni and Cheese Garden Style Vegetables	Crispy Coated Chicken Leg Potato Wedges G-8 Sunrise Vegetables	Salisbury Steak in Gravy Mashed Potatoes Peas and Carrots
Short Order	Mixed Deli Sandwich Lettuce and Tomato	St. Valentine Treat Chicken Dumpling Edamame Cabbage Salad	BBQ Turkey Burger Gourmet Salad E-7	Philly Steak Sub Mixed Green Salad	Three Cheese Pizza Salad

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	February 20	February 21	February 22	February 23	February 24
Lunch Entree	Chicken Souvlaki Platter Seasoned Rice with Carrots Cocktail Vegetables	Fish Filet Lemon and Herbs Seasoned Egg Noodles Garden Vegetables	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Chicken Fried Rice Sunrise Vegetables	Pasta Alla Bolognese Mixed Vegetables
Short Order	BBQ Rib Burger Carrot Slaw	Chicken Fajita With Salsa Salad	Pulled Pork Sandwich Coleslaw	Cheeseburger and Santa Fe Cheeseburger Mixed Green Salad	Western Chiplote Pizza Lettuce and Tomato
	February 27	February 28	March 1	March 2	March 3
Lunch Entree	Meatballs in Gravy 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	Chicken Alfredo Ziti Al Forno Mixed Vegetables
Short Order	Chicken Chipotle Wrap Gourmet Salad	Philly Bagel Salad	Beef and Salsa Wrap Mixed Green Salad	BBQ Grilled Chicken Sub Crudités & Dip	Mexican Pizza Salad
	March 6	March 7	March 8	March 9	March 10



**SPRING BREAK**

	March 13	March 14	March 15	March 16	March 17
<b>Lunch Entree</b>	<b>Cheese Tortellini</b> in Rosée Sauce Pick of The Day Vegetables	<b>Chicken Souvlaki Platter</b> Pilaf Rice Sunrise Vegetables	<b>Fish Roulade</b> Seasoned Egg Noodles Mixed Vegetables	<b>Beef Lasagna and Lentil Lasagna</b> Crinkled Carrots	<b>Butter Chicken</b> Basmati Rice Garden Style Vegetables
<b>Short Order</b>	<b>BBQ Rib Burger</b> Crudités & Dip	<b>Mixed Deli Sandwich</b> Gourmet Salad	<b>Multigrain Chicken Burger</b> Salad	<b>Pulled Pork Sandwich</b> Lettuce and Tomato	<b>Vegetable Pizza</b> Mixed Green Salad
	March 20	March 21	March 22	March 23	March 24
<b>Lunch Entree</b>	<b>Ocean Bites</b> Seasoned Egg Noodles Pick of The Day Vegetables	<b>Olé Meat Pie</b> Mashed Potatoes Mixed Vegetables	<b>BBQ Chicken Leg</b> Potato Wedges Peas and carrots	<b>Chinese Beef Macaroni</b> Sunrise Vegetables	<b>Philly Steak Chipotle Wrap</b> Coleslaw
<b>Short Order</b>	<b>Chicken Quesadilla with Salsa</b> Gourmet Salad	<i><u>Discovery Menu</u></i>	<b>Italian Meatball Roll (Beef)</b> Mixed Green Salad	<b>Chicken Sub</b> Gourmet Salad	<b>Three Cheese Pizza</b> Salad
	March 27	March 28	March 29	March 30	March 31
<b>Lunch Entree</b>	<b>Macaroni and Cheese</b> Broccoli	<b>Chicken Souvlaki Platter</b> with Tzatziki and Pilaf Rice Sunrise Vegetables	<b>Savory Tuna Pasta</b> Cocktail Vegetables	<b>Shepherd's Pie</b> Gravy Garden Style Vegetables	<b>Tomato Beef Meatball Pasta</b> Pick of The Day Vegetables
<b>Short Order</b>	<b>Mixed Deli Sandwich</b> Mixed Green Salad	<b>Hamburger</b> Salad	<b>Multigrain Chicken Burger</b> Carrot Slaw	<b>Chicken Fajita With Salsa</b> Tomato and Lettuce	<b>Chicken Ceasar Pizza</b> Gourmet 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.*