



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2022 -2023 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for
April to June 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	April 3	April 4	April 5	April 6	April 7
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	Good Friday
Short Order	Chicken Souvlaki Pita Mixed Green Salad	Multigrain Chicken Burger Caesar Salad	Vegetarian Quesadilla Lettuce and Tomato	Taco Bowl (Beef) Corn Salad	
	April 10	April 11	April 12	April 13	April 14
Lunch Entree	Easter Monday	Meatballs in Gravy Seasoned Egg Noodles Mixed Vegetables	General Tao Chicken Seasoned Rice with Carrots Garden Style Vegetables	Beef Lasagna and Lentil Lasagna Crinkled Carrots	Butter Chicken Basmati Rice Pick of the Day Vegetables
Short Order		Chicken Sub Mixed Green Salad	BBQ Sicilian Panini (Beef) Coleslaw	Chicken Chipotle Wrap Salad	Vegetable Pizza Crudités & Dip
	April 17	April 18	April 19	April 20	April 21
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
	April 24	April 25	April 26	April 27	April 28
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	<i>Discovery Menu</i>	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Sugar Shack Pancake, Sausages Scrambled Eggs, Potato Wedges Syrup & Coleslaw	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
	May 1	May 2	May 3	May 4	May 5
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	Chicken Dumpling Edamame Cabbage Salad	BBQ Turkey Burger Gourmet Salad E-7	Philly Steak Sub Mixed Green Salad	Three Cheese Pizza Salad
	May 8	May 9	May 10	May 11	May 12
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	May 15	May 16	May 17	May 18	May 19
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
	May 22	May 23	May 24	May 25	May 26
Lunch Entree	Victoria Day	Korean Sesame Beef Basmati Rice Sunrise Vegetables	Fish Roulade Seasoned Egg Noodles Mixed Vegetables	Beef Lasagna and Lentil Lasagna Crinkled Carrots	Butter Chicken Basmati Rice Garden Style Vegetables
Short Order		Mixed Deli Sandwich Gourmet Salad	Multigrain Chicken Burger Salad	Pulled Pork Sandwich Lettuce and Tomato	Vegetable Pizza Mixed Green Salad
	May 29	May 30	May 31	June 1	June 2
Lunch Entree	Ocean Bites Seasoned Egg Noodles Pick of The Day Vegetables	Olé Meat Pie Mashed Potatoes Mixed Vegetables	BBQ Chicken Leg Potato Wedges Peas and carrots	Chinese Beef Macaroni Sunrise Vegetables	Philly Steak Chipotle Wrap Coleslaw
Short Order	Chicken Quesadilla with Salsa Gourmet Salad	<u>Discovery Menu</u>	Italian Meatball Roll (Beef) Mixed Green Salad	Chicken Sub Gourmet Salad	Three Cheese Pizza Salad
	June 5	June 6	June 7	June 8	June 9
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
	June 12	June 13	June 14	June 15	June 16
Lunch Entree	Cheese Tortellini In Rosé Sauce Vegetable of the Day	Fish Lemon Herbs Seasoned Egg Noodles Vegetable of the Day	Parmigiana Meatloaf (Beef) Mashed Potatoes Vegetable of the Day	Crispy Coated Chicken Leg Potato Wedges Vegetable of the Day	Rigatoni (Beef) Mixed Vegetables Vegetable of the Day
Short Order	Chicken Souvlaki Pita Salad of the Day	Multigrain Chicken Burger Salad of the Day	Vegetarian Quesadilla Salad of the Day	Taco Bowl (Beef) Salad of the Day	Western Chiplote Pizza Salad of the Day

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.