



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2022 -2023 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for
Septemeber to December 2022*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------|
| | August 29 | August 30 | August 31 | September 1 | September 2 |
| 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 5 | September 6 | September 7 | September 8 | September 9 |
| Lunch Entree | HOLIDAY | <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 | | Multigrain Chicken Burger Lettuce & Tomato | Taco Bowl (Beef) Corn Salad E | Vegetarian Quesadilla Mixed Green Salad | Chicken Caesar Pizza Gourmet Salad |
| | September 12 | September 13 | September 14 | September 15 | September 16 |
| 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 with Gravy Mashed Potatoes Peas and Carrots |
| Short Order | Mixed Deli Sandwich Lettuce and Tomato | Chicken Dumplings Edamame Cabbage Salad | BBQ Turkey Burger Gourmet Salad | Philly Steak Sub Mixed Green Salad | Three Cheese Pizza Salad |
| | September 19 | September 20 | September 21 | September 22 | September 23 |
| 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 |

| | September 26 | September 27 | September 28 | September 29 | September 30 |
|--------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------|
| 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 |
| | October 3 | October 4 | October 5 | October 6 | October 7 |
| Lunch Entree | PED DAY | Chicken Souvlaki Platter Pilaf 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 |
| | October 10 | October 11 | October 12 | October 13 | October 14 |
| Lunch Entree | HOLIDAY | Ocean Bites Mashed Potatoes Gourmet Salad | BBQ Chicken Leg Potato Wedges Peas and carrots | Chinese Beef Macaroni Sunrise Vegetables | PED DAY |
| Short Order | | <i>Discovery Menu</i> | Italian Meatball Roll (Beef) Mixed Green Salad | Three Cheese Pizza Salad | |
| | October 17 | October 18 | October 19 | October 20 | October 21 |
| 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 |

| | October 24 | October 25 | October 26 | October 27 | October 28 |
|---------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------|
| 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 Chipote Pizza Salad |
| | October 31 | November 1 | November 2 | November 3 | November 4 |
| 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 and Lentil Lasagna Crinkled Carrots | Butter Chicken Basmati Rice Pick of the Day Vegetables |
| Short Order | Halloween Treat Cheeseburger and Santa Fe Cheeseburger Salad | Chicken Sub Mixed Green Salad | BBQ Sicilian Panini (Beef) Coleslaw | Chicken Chipotle Wrap Salad | Vegetable Pizza Crudités & Dip |
| | November 7 | November 8 | November 9 | November 10 | November 11 |
| 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 |
| | November 14 | November 15 | November 16 | November 17 | November 18 |
| Lunch Entree | Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables | <u>Discovery Menu</u> | 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 |

| | November 21 | November 22 | November 23 | November 24 | November 25 |
|---------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 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 |
| | November 28 | November 29 | November 30 | December 1 | December 2 |
| 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 | Turkey Roast in Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce | Pasta Alla Bolognese Mixed Vegetables |
| Short Order | BBQ Rib Burger Carrots Slaw | Chicken Fajita With Salsa Salad | Pulled Pork Sandwich Coleslaw | | Western Chiplote Pizza Lettuce and Tomato |
| | | | Holiday Treat | | |
| | December 5 | December 6 | December 7 | December 8 | December 9 |
| 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 |
| | December 12 | December 13 | December 14 | December 15 | December 16 |
| Lunch Entree | Cheese Tortellini in Rosée Sauce Pick of The Day Vegetables | Chicken Souvlaki Platter Pilaf 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 | BBQ Rib Burger Crudités & Dip | Mixed Deli Sandwich Gourmet Salad | Multigrain Chicken Burger Salad | Pulled Pork Sandwich Lettuce and Tomato | Vegetable Pizza Mixed Green Salad |
| | December 19 | December 20 | December 21 | December 22 | December 23 |
| 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 | <i>Discovery Menu</i> | Italian Meatball Roll (Beef) Mixed Green Salad | Chicken Sub Gourmet Salad | Three Cheese 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.