



CSEM Nutrition et services alimentaires  
EMSB Nutrition and Food Services

## 2023 -2024 EMSB Multi-Service Bistro Menu

### *Cafeteria Menu from January 8 to March 29, 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Entree	HOLIDAY BREAK				
Short Order					
	January 8	January 9	January 10	January 11	January 12
Lunch Entree	<b>Chicken Fried Rice</b> Pick of the Vegetables	<b>Korean Sesame Beef</b> Basmati Rice Sunrise Vegetables	<b>BBQ Chicken Leg</b> Potato Wedges Peas and carrots	<b>Florentine Pasta (Beef)</b> Sunrise Vegetables	<b>Three Cheese Pizza</b> Salad
Short Order	<b>Fish &amp; Dip</b> Mixed Green Salad	<u><i>Discovery Menu</i></u>	<b>Italian Meatball Roll (Beef)</b> Mixed Green Salad	<b>Chicken Sub</b> Gourmet Salad	<b>Philly Steak Chipotle Wrap</b> Coleslaw
	January 15	January 16	January 17	January 18	January 19
Lunch Entree	<b>Macaroni and Cheese</b> Broccoli	<b>Zesty Chicken Platter</b> Seasoned Rice with Carrots Pick of The Day Vegetables	<b>Baked Fish Filet</b> Seasoned Egg Noodles Cocktail Vegetables	<b>Shepherd's Pie</b> Gravy Garden Style Vegetables	<b>Tomato Meatball Pasta (Beef)</b> Pick of The Day Vegetables
Short Order	<b>Mixed Deli Sandwich</b> Mixed Green Salad	<b>Hamburger</b> Salad	<b>Philly Bagel</b> Gourmet Salad	<b>Chicken Fajita With Salsa</b> Tomato and Lettuce	<b>Chicken Caesar Pizza</b> Salad

	January 22	January 23	January 24	January 25	January 26
<b>Lunch Entree</b>	<b>Cheese Tortellini</b> in Rosée Sauce Whole Green/Yellow Beans	<b>Fish and Lemon Herbs</b> Seasoned Rice with Carrots Garden Style Vegetables	<b>Parmigiana Meatloaf</b> Mashed Potatoes Cocktail Vegetables	<b>Crispy Coated Chicken Leg</b> Potato Wedges Sunrise Vegetables	<b>Rigatoni (Beef)</b> Mixed Vegetables
<b>Short Order</b>	<b>Chicken Souvlaki Pita</b> Mixed Green Salad	<b>Multigrain Chicken Burger</b> Caesar Salad	<b>Vegetarian Quesadilla</b> Lettuce and Tomato	<b>Taco Bowl Beef</b> Corn Salad	<b>Western Chipotle Pizza</b> Salad
	January 29	January 30	January 31	February 1	February 2
<b>Lunch Entree</b>	<b>Tomato and Cheese Macaroni</b> Cocktail Vegetables	<b>Meatballs in Gravy</b> Seasoned Egg Noodles Mixed Vegetables	<b>Brunch for Lunch</b> Pancake(1), Chicken Sausages(2) Scrambled Egg , Potato Wedges Baby Carrots, Syrup	<b>Lasagna (Beef) and Meatless Lasagna (TVP-Soya)*</b> Crinkled Carrots	<b>Butter Chicken</b> Basmati Rice Pick of the Day Vegetables
<b>Short Order</b>	<b>Cheese Burger and Santa Fe Cheese Burger</b> Salad	<b>Chicken Sub</b> Mixed Green Salad	<b>General Tao Chicken</b> Seasoned Rice with Carrots Garden Style Vegetables	<b>Chicken Chipotle Wrap</b> Salad	<b>Vegetable Pizza</b> Crudit� and Dip
	February 5	February 6	February 7	February 8	February 9
<b>Lunch Entree</b>	<b>Cheese Manicotti</b> in Tomato Sauce Cocktail Vegetables	<b>Vege Frittata</b> Potato Wedges Sunrise Vegetables	<b>BBQ Chicken Leg</b> Potato Wedges Mixed Vegetables	<b>Beef Stew</b> Seasoned Egg Noodles Pick of the Day Vegetables	<b>Chicken � la Parmigiana</b> Pilaf Rice Garden Style Vegetables
<b>Short Order</b>	<b>Quesadilla Di Pollo</b> Salad	<b>Hamburger</b> Lettuce and Tomato	<b>Pulled Pork Sandwich</b> Gourmet Salad	<b>Mexican Turkey Wrap</b> Salad	<b>Greek Pizza</b> Salad

	February 12	February 13	February 14	February 15	February 16
Lunch Entree	<b>PED DAY</b>	<b>Cheese Tortellini</b> In Rosé Sauce Mexican vegetables	<b>Shepherd`s Pie</b> Gravy Mixed Vegetables St. Valentine Treat	<b>Fish Roulade</b> Seasoned Egg Noodles Garden Syle Vegetables	<b>Meatless Chili (TVP)*</b> Cooked Rice Whole Green/Yellow Beans
Short Order		<b>Multigrain Chicken Burger</b> Lettuce and Tomato	<b>Vegetarian Quesadilla</b> Gourmet Salad	<b>BBQ Rib Burger (Beef)</b> Mixed Green Salad	<b>Chicken Caesar Pizza</b> Salad
	February 19	February 20	February 21	February 22	February 23
Lunch Entree	<b>Chicken Pot Pie</b> Seasoned Rice with Carrots Mixed Vegetables	<b>Korean Sesame Beef</b> Basmati Rice Pick of the Day Vegetables	<b>Macaroni and Cheese</b> Garden Style Vegetables	<b>Crispy Coated Chicken Leg</b> Potato Wedges Sunrise Vegetables	<b>Salisbury Steak with Gravy</b> Mashed Potatoes Peas and Carrots
Short Order	<b>Mixed Deli Sandwich</b> Lettuce and Tomato	<b>Chicken Dumpling</b> Edamame Cabbage Salad	<b>Tex-Mex Turkey Burger</b> Corn Salad	<b>Beef Salsa Wrap</b> Gourmet Salad	<b>Three Cheese Pizza</b> Salad
	February 26	February 27	February 28	February 29	March 1
Lunch Entree	<b>Chicken Souvlaki Platter</b> Seasoned Rice with Carrots Cocktail Vegetables	<b>Fish Filet Lemon and Herbs</b> Seasoned Egg Noodles Sunrise Vegetables	<b>Parmigiana Meatloaf</b> Mashed Potatoes Cocktail Vegetables	<b>Chicken Fried Rice</b> Garden Style Vegetables	<b>Pasta Alla Bolognese (No Cheese)</b> Mixed Vegetables
Short Order	<b>Cheese Burger and Santa Fe Cheese Burger</b> Mixed Green Salad	<b>Chicken Fajita With Salsa</b> Salad	<i><u>Discovery Menu</u></i>	<b>Taco Bowl (Beef)</b> Corn Salad	<b>Western Chipotle Pizza</b> Lettuce and Tomato
	March 4	March 5	March 6	March 7	March 8
<b>March Break</b>					

	March 11	March 12	March 13	March 14	March 15
<b>Lunch Entree</b>	<b>Meatballs in Gravy</b> Seasoned Egg Noodles Mexican Vegetables	<b>Zesty Chicken Platter</b> Seasoned Rice With Carrots Pick of The Day Vegetables	<b>Cheese Manicotti</b> In Tomato Sauce Sunrise Vegetables	<b>Shepherd`s Pie</b> Gravy Garden Style Vegetables	<b>Alfredo Ziti Al Forno (Chicken)</b> Mixed Vegetables
<b>Short Order</b>	<b>Chicken Chipotle Wrap</b> Gourmet Salad	<b>Philly Bagel</b> Salad	<b>Beef and Salsa Wrap</b> Mixed Green Salad	<b>BBQ Grilled Chicken Sub</b> Crudités and Dip	<b>Mexican Pizza</b> Salad
	March 18	March 19	March 20	March 21	March 22
<b>Lunch Entree</b>	<b>Cheese Tortellini</b> in Rosée Sauce Pick of the Day Vegetables	<b>Fish Lemon Herbs</b> Seasoned Rice and Carrots Cocktail Vegetables	<b>Butter Chicken</b> Basmati Rice Mixed Vegetables	<b>Meatless Lasagna (TVP-Soya)*</b> Garden Style Vegetables	<b>Salisbury Steak with Gravy</b> Mashed Potatoes Crinkled Carrots
<b>Short Order</b>	<b>Philly Steak Sub</b> Crudités & Dip	<b>Multigrain Chicken Burger</b> Salad	<b>Mixed Deli Sandwich</b> Gourmet Salad	<b>Pulled Pork Sandwich</b> Lettuce and Tomato	<b>Vegetable Pizza</b> Mixed Green Salad
	March 25	March 26	March 27	March 28	March 29
<b>Lunch Entree</b>	<b>Chicken Fried Rice</b> Pick of the Day Vegetables	<b>Korean Sesame Beef</b> Basmati Rice Mixed Vegetables	<b>BBQ Chicken Leg</b> Potato Wedges Peas and carrots	<b>Florentine Pasta (Beef)</b> Sunrise Vegetables	<b>Holiday</b>
<b>Short Order</b>	<b>Fish and Dip</b> Salad	<i><u>Discovery Menu</u></i>	<b>Italian Meatball Roll (Beef)</b> Mixed Green Salad	<b>Chicken Sub</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.