



CSEM Nutrition et services alimentaires  
EMSB Nutrition and Food Services

## 2023 -2024 EMSB Multi-Service Bistro Menu

### *Cafeteria Menu from August 31 to December 22, 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 28	August 29	August 30	August 31	September 1
Lunch Entree	No Service	No Service	No Service	Macaroni and Cheese Broccoli	Mexican Rice Mixed Vegetables
Short Order				Italian Meatball Roll (Beef) Salad	Three Cheese Pizza Salad
	September 4	September 5	September 6	September 7	September 8
Lunch Entree	HOLIDAY	<u>Discovery Menu</u>	Veggie Frittata Potato Wedges Sunrise Vegetables	Chicken à La Parmigianna Seasoned Egg Noodles Pick of the Day Vegetables	Meatballs in Gravy Seasoned Egg Noodles Mexican Vegetables
Short Order		BBQ Grilled Chicken Sub Salad	Hamburger and Santa Fe Veggie Burger Corn Salad E	Pulled Pork Sandwich Mixed Green Salad	Vegetable Pizza Gourmet Salad
	September 11	September 12	September 13	September 14	September 15
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Cheese Tortellini In Rosé Sauce Mexican vegetables	Shepherd`s Pie Gravy Mixed Vegetables	Fish Roulade Seasoned Egg Noodles Garden Syle Vegetables	Meatless Chili (TVP)* Cooked Rice Whole Green/Yellow Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Vegetarian Quesadilla Gourmet Salad	BBQ Rib Burger (Beef) Mixed Green Salad	Chicken Caesar Pizza Salad
	September 18	September 19	September 20	September 21	September 22
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Korean Sesame Beef Basmati Rice Pick of the 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 Lettuce & Tomato	Chicken Dumpling Edamame Cabbage Salad	Tex-Mex Turkey Burger Corn Salad	Beef and Salsa Wrap Gourmet Salad	Three Cheese Pizza Salad

	September 25	September 26	September 27	September 28	September 29
<b>Lunch Entree</b>	<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
<b>Short Order</b>	<b>Cheese Burger and Santa Fe Cheese Burger</b> Mixed Green Salad	<b>Chicken Fajita With Salsa</b> Salad	<i>Discovery Menu</i>	<b>Taco Bowl (Beef)</b> Corn Salad	<b>Western Chipotle Pizza</b> Lettuce and Tomato
	October 2	October 3	October 4	October 5	October 6
<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
	October 9	October 10	October 11	October 12	October 13
<b>Lunch Entree</b>	<b>HOLIDAY</b>	<b>Fish Lemon Herbs</b> Seasoned Rice and Carrots Mixed Vegetables	<b>Butter Chicken</b> Basmati Rice Mixed Vegetables	<b>Meatless Lasagna (TVP-Soya)*</b> Garden Style Vegetables	<b>PED DAY</b>
<b>Short Order</b>		<b>Multigrain Chicken Burger</b> Salad	<b>Mixed Deli Sandwich</b> Gourmet Salad	<b>Pulled Pork Sandwich</b> Lettuce and Tomato	
	October 16	October 17	October 18	October 19	October 20
<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>Three Cheese Pizza</b> Salad
<b>Short Order</b>	<b>Fish and Dip</b> Salad	<i>Discovery Menu</i>	<b>Italian Meatball Roll (Beef)</b> Mixed Green Salad	<b>Chicken Sub</b> Gourmet Salad	<b>Philly Steak Chipotle Wrap</b> Coleslaw

	October 23	October 24	October 25	October 26	October 27
<b>Lunch Entree</b>	<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
<b>Short Order</b>	<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
	October 30	October 31	November 1	November 2	November 3
<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>Halloween Treat</b> <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
	November 6	November 7	November 8	November 9	November 10
<b>Lunch Entree</b>	<b>Tomato and Cheese Macaroni</b> Cocktail Vegetables	<b>Meatballs in Gravy</b> Seasoned Egg Noodles Mixed Vegetables	<b>General Tao Chicken</b> Seasoned Rice with Carrots Garden Style Vegetables	<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>BBQ Sicilian Panini (Beef)</b> Coleslaw	<b>Chicken Chipotle Wrap</b> Salad	<b>Vegetable Pizza</b> Crudit� and Dip
	November 13	November 14	November 15	November 16	November 17
<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

	November 20	November 21	November 22	November 23	November 24
<b>Lunch Entree</b>	<b>Chicken Souvlaki Platter</b> With Tzatziki and Pilaf Rice Sunrise Vegetables	<b>Cheese Tortellini</b> in Rosée Sauce Mexican Vegetables	<b>Shepherd`s Pie</b> Mixed Vegetables	<b>Fish Roulade</b> Seasoned Egg Noodles Garden Style Vegetables	<b>Meatless Chili (with TVP-Soya)*</b> Cooked Rice Whole Green/Yellow Beans
<b>Short Order</b>	<b>Italian Meatball Roll (Beef)</b> Mixed Green Salad	<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
	November 27	November 28	November 29	November 30	December 1
<b>Lunch Entree</b>	<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
<b>Short Order</b>	<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
	December 4	December 5	December 6	December 7	December 8
<b>Lunch Entree</b>	<b>Chicken Souvlaki Platter</b> Seasoned Rice with Carrots Cocktail Vegetables	<b>Fish Filet Lemon and Herbs</b> Seasoned Rice With Carrots Sunrise Vegetables	<b>Parmigiana Meatloaf (Beef)</b> Egg Noodles Cocktail Vegetables	<b>Turkey Roast in Gravy</b> Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce	<b>Pasta Alla Bolognese (No Cheese)</b> Mixed Vegetables
<b>Short Order</b>	<b>Cheeseburger and Santa Fe Cheeseburger</b> Mixed Green Salad	<b>Chicken Fajita With Salsa</b> Salad	<i>Discovery Menu</i>	<b>Holiday Treat</b>	<b>Western Chipotle Pizza</b> Lettuce and Tomato
	December 11	December 12	December 13	December 14	December 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> 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 Salsa Wrap</b> Mixed Green Salad	<b>BBQ Grilled Chicken Sub</b> Crudités and Dip	<b>Mexican Pizza</b> Salad
	December 18	December 19	December 20	December 21	December 22
<b>Lunch Entree</b>	<b>Cheese Tortellini</b> in Rosée Sauce Pick of The Day Vegetables	<b>Fish Lemon Herbs</b> Seasoned Rice with Carrots Mixed 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 and 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

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.

\* TVP-Textured Vegetable Protein is a plant-based protein made from soybean flour



Dear Students and Parents,

The mission of Nutrition and Food Services is to promote health-enhancing attitudes and behaviours among our students by ensuring access to varied and nutritious foods needed to stay healthy and focused in school.

To encourage healthy eating, our bistros promote the consumption of nutrient dense foods by:

- ✓ Decreasing the availability of high sugar content foods
- ✓ Decreasing the availability of high fat content foods
- ✓ Preventing the accessibility to soft drinks, deep fried foods, chocolates and candies on school grounds
- ✓ Increasing the availability of high fiber content foods
- ✓ Offering students balanced meals and snacks providing essential nutrients
- ✓ Providing informative materials on nutrition topics

All safety measures have been put in place to minimize any risk to our students-clients and staff and help keep our school communities safe. Our menus are carefully developed by the school board dietitians with your children's nutrient needs and safety in mind. The bistros are supervised regularly by food technicians to ensure the safe and nutritious service of all meals.

Please find below the bistro price list as well as a copy of the menu for the beginning of **2023-2024 academic year**.

## All items sold à la carte

### BISTRO PRICE LIST 2023-2024

#### Meal Items

Entrée (served with vegetables)	4.25
Hefty Portion	5.75
Mashed Potato / Rice	1.00
Potato Wedges, baked	1.00
Vegetable	0.75
Bread Roll & Butter	1.00
Breakfast Sandwich/Ham & Cheese Croissant	3.50
Grilled Panini, Calzone, Baked Pizza in a Box	5.25
Salad Meal	5.25

#### Beverages

Milk:	(200 ml)	0.50
	Chocolate (200 ml)	1.35
	Chocolate/Strawberry (473ml)	2.50
Juice:	Box (200 ml)	1.25
	Bottle (300 ml)	1.75
Spring Water	Bottle (500 ml)	1.00
Bubly Sparkling Water	Can (355ml)	1.80

#### Soup - Salad - Sandwich

Soup & Crackers	1.25	
Salad (vegetable)/Crudités and Dip	0.75	
Grain Salad (macaroni, rice, bean, couscous)	1.50	
Crudités Plate and Dip	2.00	
Sandwiches: Regular Sandwich	2.75	
	Gourmet Sandwich	3.75
Bagel	1.25	
Warmed Bagel & Cheese	2.25	
Bagel and Butter	1.75	
Croissant & Cheese	2.75	

#### Snacks

Fresh Fruit /Fresh Fruit Cup	0.75
Fruit Cup / Fruit Cocktail	1.15
Fruit Plate	2.00
Fruit Bread	1.50
Hot Snack	2.75
Muffin	1.25
Pizza Bagel	2.25

#### À la carte - extras

Bread Sticks / Crackers / Melba Toast	0.25	Cream Cheese	0.75	
Butter / Margarine	0.25	Homemade Desserts	1.75	
Cereal	1.50	Ice Cream / Sorbet	1.80	
Cheese Portion	1.00	Milk Pudding / Fruit Jelly	1.15	
Cookie: Small - chocolate chip or oatmeal raisin	0.80	Yogurt	1.00	
	Large - Oatmeal Galette	1.50	Yogurt Parfait	1.50

#### MEAL CARD

10 meal deals for \$55.00

Meal Deal Includes:

Entrée, Vegetable, starch  
Soup or Dessert of the day\*,  
Milk or Water (500 ml)

\*pudding, fruit jelly, fruit cocktail, fresh fruit, yogurt,  
1 small oatmeal cookies or a muffin

#### MEAL CARD

10 MEALS FOR \$55.00

Meal cards can be ordered on-line.

Visit [lemini-bistro.emsb.qc.ca](http://lemini-bistro.emsb.qc.ca)

