



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2022 -2023 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for
September 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 Chiptote 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 Chiptote 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 Chiptote 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 Seasonned 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.