



Eat Right and Feel Bright with our variety of healthy meals

High School Bistro Menu 2022-2023



MENU CYCLE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1						
Lunch Entrée Oct. 3* Nov. 7 Dec. 12* Jan. 30 March 13* April 17 May 22*	Chicken Pad Thai Or *Chicken and Feta Cheese Pasta 	Chef's Choice	Pasta alla Bolognese (Beef)	BBQ Chicken Leg	Beef Florentine Pasta 	
	Short order	Pulled Pork Sandwich	Chicken Fajitas	Santa Fe Veggie Burger	Fish & Dip Or *Beef Salsa Wrap	Mexican Pizza (Beef)
WEEK 2						
Lunch Entrée Oct. 10* Nov. 14 Dec. 19* Feb. 6 March 20* April 24 May 29*	Cheese Manicotti 	Chicken Souvlaki Platter	Fish Roulade Or *Ocean Bites	Beef Stew Or *Beef Lasagna and Lentil Lasagna	Chicken Pot Pie	
	Short order	BBQ Chicken Sub	Philly Steak Chipotle Wrap	Cheeseburger and Santa Fe Cheeseburger	Mexican Turkey Wrap	Mediterranean Pizza
WEEK 3						
Lunch Entrée Sept. 12 Oct. 17* Nov. 21 Jan. 9* Feb. 13 March 27* May 1 June 5*	Tortellini In Rosé Sauce 	Fish Filet Lemon and Herbs	Butter Chicken	Shepherd's Pie	Mexican Rice Or *Meatloaf Parmigiana	
	Short order	Hamburger and Santa Fe Veggie Burger	Chicken Dumplings	BBQ Rib Burger	Vegetarian Quesadilla	Three Cheese Pizza
WEEK 4						
Lunch Entrée Sept. 19 Oct. 24* Nov. 28 Jan. 16* Feb. 20 April 3* May 8 June 12	Baked Pasta 	Zesty Chicken	Beef Lasagna And Lentil Lasagna	Sweet and Sticky Chicken	Savory Tuna Pasta Or *Chickpea Casserole Au Gratin	
	Short order	Chicken Souvlaki Pita	Italian Meatball Roll (Beef)	Multigrain Chicken Burger	Beef Taco Bowl Or *Soft Taco	Western Chipotle Pizza (Chicken)
WEEK 5						
Lunch Entrée Sept. 26 Oct. 31* Dec. 5 Jan. 23* Feb. 27 April 10* May 15	Macaroni & Cheese 	Salisbury Steak Or *Korean Sesame Beef	Chef's Choice	Beef Chili and *Three Bean Chili	Chicken Stir Fry	
	Short order	Chicken Sub	Vegetarian Quesadilla	BBQ Turkey Burger	Chicken Chipotle Wrap	Veggie Pizza

*Entrées are only served on specified dates

- All lunch entrées are served with a vegetable
- Menu is subject to change according to season, special occasions and product availability. Visit <https://www.emsb.qc.ca/emsb/services/support-services/nutrition> for more details

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.)



Plant Power: Vegetarian Option



Bright Future: Food for the Brain



ProTeam: Includes 2 Protein Foods





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 2022-2023 academic year.

All items sold à la carte

BISTRO PRICE LIST 2022-2023

<i>Meal Items</i>		<i>Beverages</i>	
Entrée (served with vegetables)	3.85	Milk: (200 ml)	0.50
Hefty Portion	5.25	Chocolate (200 ml)	1.35
Mashed Potato / Rice	1.00	Chocolate/Strawberry (473ml)	2.35
Potato Wedges, baked	1.00	Juice: Box (200 ml)	1.25
Vegetable	0.75	Bottle (300 ml)	1.75
Bread Roll & Butter	1.00	Spring Water Bottle (500 ml)	0.75
Breakfast Sandwich/Ham & Cheese Croissant	3.25		
Grilled Panini, Calzone, Baked Pizza in a Box	4.85		
Salad Bowl Power Bowl	5.25		
<i>Soup - Salad - Sandwich</i>		<i>Snacks</i>	
Soup & Crackers	1.25	Fresh Fruit /Fresh Fruit Cup	0.75
Salad (vegetable)/Crudités and Dip	0.75	Fruit Cup	1.00
Grain Salad (macaroni, rice, bean, couscous)	1.25	Fruit Plate	1.75
Crudités Plate and Dip	1.75	Fruit Bread	1.25
Sandwiches: Regular Sandwich	2.50	Hot Snack	2.50
Gourmet Sandwich	3.50	Muffin	1.15
Bagel	1.25	Pizza Bagel	2.00
Warmed Bagel & Cheese	2.00		
Bagel and Butter	1.75		
Croissant & Cheese	2.50		
<i>À la carte - extras</i>			
Bread Sticks / Crackers / Melba Toast	0.20	Fruit Cocktail	1.00
Butter / Margarine	0.20	Homemade Desserts	1.75
Cereal	1.50	Ice Cream / Sorbet	1.75
Cheese Portion	1.00	Milk Pudding / Fruit Jelly	1.00
Cookie: Small - chocolate chip or oatmeal raisin	0.75	Yogurt	1.00
Large - Oatmeal Galette	1.50	Yogurt Parfait	1.50
Cream Cheese	0.50		



MEAL CARD

10 meal deals for \$49.50

Meal Deal Includes:

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



MEAL CARD

10 MEALS FOR \$49.50
Meal cards can be ordered on-line.
Visit lem minibistro.emsb.qc.ca

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