



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

Eat Right and Feel Bright with our variety of healthy meals

Coronation Bistro Menu 2023-2024



MENU CYCLE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Sept. 11 Oct. 16* Nov. 20 Jan. 8* Feb. 12 March 25* April 29 June 3*	Lunch Entrée	Cheeseburger	Macaroni & Cheese 	Chicken Pot Pie	Korean Sesame Beef *Meat Loaf Parmigiana (Beef)	Pizza Day
WEEK 2 Sept. 18 Oct. 23* Nov. 27 Jan. 15* Feb. 19 April 1* May 6 June 10*	Lunch Entrée	Chicken Nuggets	Pasta alla Bolognese (Beef)	Fish Roulade Or *Fish Filet Lemon and Herbs 	BBQ Chicken Leg	Pizza Day
WEEK 3 Sept. 25 Oct. 30* Dec. 4 Jan. 22* Feb. 26 April 8* May 13	Lunch Entrée	BBQ Rib Burger (Beef)	Tortellini in Rosé Sauce Or *Cheese Manicotti 	Chef's Choice	Shepherd's Pie	Pizza Day
WEEK 4 Oct. 2 Nov. 6* Dec. 11 Jan. 29* March 11 April 15* May 20	Lunch Entrée	Ocean Bites 	Alfredo Ziti Al Forno (Chicken)	Salisbury Steak	Butter Chicken	Pizza Day
WEEK 5 Oct. 9 Nov. 13* Dec. 18 Feb. 5* March 18 April 22* May 27	Lunch Entrée	Multigrain Chicken Burger	Beef Taco Bowl	Chicken Souvlaki Platter	Lasagna (Beef)	Pizza Day

*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 **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: <i>Small – chocolate chip or oatmeal raisin</i>	0.80	Yogurt	1.00
<i>Large - Oatmeal Galette</i>	1.50	Yogurt Parfait	1.50

