



Eat Right and Feel Bright with our variety of healthy meals

# High School Bistro Menu 2023-2024



MENU CYCLE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> Sept. 11 Oct. 16* Nov. 20 Jan. 8* Feb. 12 March 25* April 29 June 3*	Lunch Entrée	Chicken Pad Thai Or <b>*Chicken and Feta Cheese Pasta</b> 	<b>Chef's Choice</b>	Pasta alla Bolognese (Beef)	BBQ Chicken Leg	Beef Florentine Pasta 
	Short order	Pulled Pork Sandwich	Chicken Fajitas	Santa Fe Veggie Burger	Fish & Dip Or <b>*Beef Salsa Wrap</b>	Mexican Pizza (Beef) 
<b>WEEK 2</b> Sept. 18 Oct. 23* Nov. 27 Jan. 15* Feb. 19 April 1* May 6 June 10*	Lunch Entrée	Cheese Manicotti 	Chicken Souvlaki Platter 	Fish Roulade Or <b>*Ocean Bites</b> 	Beef Stew Or <b>New *Meatless Lasagna Lasagna</b> (with TVP - Textured Vegetable Protein) **	Chicken Pot Pie
	Short order	Chicken Sub	Italian Meatball Roll (Beef)	Cheeseburger	Mexican Turkey Wrap	Greek Pizza 
<b>WEEK 3</b> Sept. 25 Oct. 30* Dec. 4 Jan. 22* Feb. 26 April 8* May 13	Lunch Entrée	Tortellini In Rosé Sauce 	Fish Filet Lemon and Herbs 	Sweet and Sticky Chicken	Shepherd's Pie	Mexican Rice Or <b>*Meatloaf Parmigiana</b> 
	Short order	BBQ Rib Burger (Beef) OR <b>Chicken Chipotle Wrap*</b>	Chicken Dumplings	<b>New</b> Greek Burger Or <b>Hamburger and Santa Fe Veggie Burger*</b>	Vegetarian Quesadilla 	Mediterranean Pizza 
<b>WEEK 4</b> Oct. 2 Nov. 6* Dec. 11 Jan. 29* March 11 April 15* May 20	Lunch Entrée	Macaroni and Cheese 	Salisbury Steak Or <b>*Korean Sesame Beef</b>	<b>Chef's Choice</b>	Crispy Coated Chicken Leg	Cabbage Roll Casserole (Beef)
	Short order	BBQ Chicken Sub	<b>New</b> Meatless Chili Wrap (with TVP - Textured Vegetable Protein) **	Tex Mex Turkey Burger Or <b>BBQ Turkey Burger*</b>	Philly Steak Chipotle Wrap	Veggie Pizza 
<b>WEEK 5</b> Oct. 9 Nov. 13* Dec. 18 Feb. 5* March 18 April 22* May 27	Lunch Entrée	Tomato Meatball Pasta	Zesty Chicken	Lasagna (Beef) and Meatless Lasagna (with TVP - Textured Vegetable Protein) **	Butter Chicken	Baked Fish Filet 
	Short order	Chicken Souvlaki Pita	Gyro Pita (Beef & Lamb)	Multigrain Chicken Burger	Beef Taco Bowl Or <b>Soft Taco*</b>	Western Chipotle Pizza (Chicken)

\*Entrées are only served on specified dates

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

- 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.ac.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

<i>Meal Items</i>		<i>Beverages</i>	
Entrée (served with vegetables)	4.25	Milk: (200 ml)	0.50
Hefty Portion	5.75	Chocolate (200 ml)	1.35
Mashed Potato / Rice	1.00	Chocolate/Strawberry (473ml)	2.50
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)	1.00
Breakfast Sandwich/Ham & Cheese Croissant	3.50	Bubly Sparkling Water Can (355ml)	1.80
Grilled Panini, Calzone, Baked Pizza in a Box	5.25		
Salad Meal	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 / Fruit Cocktail	1.15
Grain Salad (macaroni, rice, bean, couscous)	1.50	Fruit Plate	2.00
Crudités Plate and Dip	2.00	Fruit Bread	1.50
Sandwiches: Regular Sandwich	2.75	Hot Snack	2.75
Gourmet Sandwich	3.75	Muffin	1.25
Bagel	1.25	Pizza Bagel	2.25
Warmed Bagel & Cheese	2.25		
Bagel and Butter	1.75		
Croissant & Cheese	2.75		
<i>À la carte - extras</i>			
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 [leminibistro.emsb.qc.ca](http://leminibistro.emsb.qc.ca)

