



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2023 -2024 EMSB Multi-Service Bistro Menu

Cafeteria Menu from April 1 tp June 14, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	April 1	April 2	April 3	April 4	April 5
Lunch Entree	Holiday	Zesty Chicken Platter Seasoned Rice with Carrots Pick of The Day Vegetables	Baked Fish Filet Seasoned Egg Noodles Cocktail Vegetables	Shepherd's Pie Gravy Garden Style Vegetables	Tomato Meatball Pasta (Beef) Pick of The Day Vegetables
Short Order		Hamburger Salad	Philly Bagel Gourmet Salad	Chicken Fajita With Salsa Tomato and Lettuce	Chicken Caesar Pizza Salad
	April 8	April 9	April 10	April 11	April 12
Lunch Entree	PED Day (Solar Eclipse)	Fish and Lemon Herbs Seasoned Rice with Carrots Garden Style Vegetables	Parmigiana Meatloaf Mashed Potatoes Cocktail Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Rigatoni (Beef) Mixed Vegetables
Short Order		Multigrain Chicken Burger Caesar Salad	Vegetarian Quesadilla Lettuce and Tomato	Taco Bowl Beef Corn Salad	Western Chipotle Pizza Salad

	April 15	April 16	April 17	April 18	April 19
Lunch Entree	Tomato and Cheese Macaroni Cocktail Vegetables	Meatballs in Gravy Seasoned Egg Noodles Mixed Vegetables	General Tao Chicken Seasoned Rice with Carrots Garden Style Vegetables	Lasagna (Beef) and Meatless Lasagna (TVP-Soya)* Crinkled Carrots	Butter Chicken Basmati Rice Pick of the Day Vegetables
Short Order	Cheese Burger and Santa Fe Cheese Burger Salad	Chicken Sub Mixed Green Salad	BBQ Sicilian Panini (Beef) Coleslaw	Chicken Chipotle Wrap Salad	Vegetable Pizza Crudit� and Dip
	April 22	April 23	April 24	April 25	April 26
Lunch Entree	Cheese Manicotti in Tomato Sauce Cocktail Vegetables	Vege Frittata Potato Wedges Sunrise Vegetables	Chicken � la Parmigiana Pilaf Rice Garden Style Vegetables	Sugar Shack Pancake, Chicken Sausages Scrambled Eggs, Potato Wedges Coleslaw	Beef Stew Seasoned Egg Noodles Mixed Vegetables
Short Order	Quesadilla Di Pollo Salad	Hamburger Lettuce and Tomato	Pulled Pork Sandwich Gourmet Salad	Vegetarian Quesadila Salad	Greek Pizza Salad
	April 29	April 30	May 1	May 2	May 3
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Cheese Tortellini in Ros�e Sauce Mexican Vegetables	Shepherd`s Pie Mixed Vegetables	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Meatless Chili (with TVP-Soya)* 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

	May 6	May 7	May 8	May 9	May 10
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Korean Sesame Beef Basmati Rice Pick of the Day 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 and Tomato	Chicken Dumpling Edamame Cabbage Salad	Tex-Mex Turkey Burger Corn Salad	Beef Salsa Wrap Gourmet Salad	Three Cheese Pizza Salad
	May 13	May 14	May 15	May 16	May 17
Lunch Entree	Chicken Souvlaki Platter Seasoned Rice with Carrots Cocktail Vegetables	Fish Filet Lemon and Herbs Seasoned Egg Noodles Sunrise Vegetables	Parmigiana Meatloaf Mashed Potatoes Cocktail Vegetables	Chicken Fried Rice Garden Style Vegetables	Pasta Alla Bolognese (No Cheese) Mixed Vegetables
Short Order	Cheese Burger and Santa Fe Cheese Burger Mixed Green Salad	Chicken Fajita With Salsa Salad	<u><i>Discovery Menu</i></u>	Taco Bowl (Beef) Corn Salad	Western Chipotle Pizza Lettuce and Tomato
	May 20	May 21	May 22	May 23	May 24
Lunch Entree	PED Day	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	Alfredo Ziti Al Forno (Chicken) Mixed Vegetables
Short Order		Philly Bagel Salad	Beef and Salsa Wrap Mixed Green Salad	BBQ Grilled Chicken Sub Crudités and Dip	Mexican Pizza Salad

	May 27	May 28	May 29	May 30	May 31
	Cheese Tortellini in Rosée Sauce Pick of the Day Vegetables	Fish Lemon Herbs Seasoned Rice and Carrots Cocktail Vegetables	Butter Chicken Basmati Rice Mixed Vegetables	Meatless Lasagna (TVP-Soya)* Garden Style Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots
Short Order	Philly Steak Sub Crudités & Dip	Multigrain Chicken Burger Salad	Mixed Deli Sandwich Gourmet Salad	Pulled Pork Sandwich Lettuce and Tomato	Vegetable Pizza Mixed Green Salad
	June 3	June 4	June 5	June 6	June 7
Lunch Entree	Chicken Fried Rice Pick of the Day Vegetables	Korean Sesame Beef Basmati Rice Mixed Vegetables	BBQ Chicken Leg Potato Wedges Peas and carrots	Florentine Pasta (Beef) Sunrise Vegetables	Three Cheese Pizza Salad
Short Order	Fish and Dip Salad	<u><i>Discovery Menu</i></u>	Italian Meatball Roll (Beef) Mixed Green Salad	Chicken Sub Gourmet Salad	Philly Steak Chipotle Wrap Coleslaw
	June 10	June 11	June 12	June 13	June 14
Lunch Entree	Ocean Bites Seasoned Egg Noodles Vegetable of the Day	Tomato Meatball Pasta (Beef) Vegetable of the Day	Baked Fish Filet Mashed Potatoes Vegetable of the Day	Macaroni and Cheese Vegetable of the Day	Zesty Chicken Platter Seasoned Rice and Carrots Vegetable of the Day
Short Order	Hamburger Salad of the Day	Vegetarian Quesadilla Salad of the Day	BBQ Rib Burger (Beef) Salad of the Day	Chicken Chipotle Wrap Salad of the Day	Three Cheese Pizza Salad of the Day

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.