



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

Eat Right and Feel Bright with our variety of healthy meals

Nesbitt 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	Chicken Pad Thai	Chef's Choice	Pasta alla Bolognese (Beef)	BBQ Chicken Leg	Pizza Day
	Short order	Pulled Pork Sandwich	Chicken Fajitas	Multigrain Chicken Burger	Fish & Dip Or *Beef Salsa Wrap	
WEEK 2 Sept. 18 Oct. 23* Nov. 27 Jan. 15* Feb. 19 April 1* May 6 June 10*	Lunch Entrée	Cheese Manicotti 	Chicken Souvlaki Platter Or Chicken Nuggets*	Fish Roulade Or *Ocean Bites 	Florentine (Beef) Pasta 	Pizza Day
	Short order	Chicken Sub	Italian Meatball Roll (Beef)	Cheeseburger	Mexican Turkey Wrap	
WEEK 3 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	Pizza Day
	Short order	Chicken Chipotle Wrap	Chicken Dumplings	Hamburger and Santa Fe Veggie Burger	Vegetarian Quesadilla 	
WEEK 4 Oct. 2 Nov. 6* Dec. 11 Jan. 29* March 11 April 15* May 20	Lunch Entrée	Tomato Meatball (Beef) Pasta 	Zesty Chicken	New Meatless Chili (with TVP - Textured Vegetable Protein) ** Or Meat Loaf Parmigiana (Beef)*	Butter Chicken	Pizza Day
	Short order	Chicken Souvlaki Pita	Philly Steak Chipotle Wrap	Multigrain Chicken Burger	Beef Taco Bowl Or Soft Taco*	
WEEK 5 Oct. 9 Nov. 13* Dec. 18 Feb. 5* March 18 April 22* May 27	Lunch Entrée	Macaroni and Cheese	Salisbury Steak Or *Korean Sesame Beef	Multigrain Chicken Nuggets	Lasagna (Beef)	Pizza Day
	Short order	BBQ Chicken Sub	Vegetarian Quesadilla	Cheeseburger	Cheesy Potato Melt	

*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.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

<p><i>Meal Items</i></p> <hr/> <table border="0" style="width: 100%;"> <tr><td>Entrée (served with vegetables)</td><td style="text-align: right;">4.25</td></tr> <tr><td>Hefty Portion</td><td style="text-align: right;">5.75</td></tr> <tr><td>Mashed Potato / Rice</td><td style="text-align: right;">1.00</td></tr> <tr><td>Potato Wedges, baked</td><td style="text-align: right;">1.00</td></tr> <tr><td>Vegetable</td><td style="text-align: right;">0.75</td></tr> <tr><td>Bread Roll & Butter</td><td style="text-align: right;">1.00</td></tr> <tr><td>Breakfast Sandwich/Ham & Cheese Croissant</td><td style="text-align: right;">3.50</td></tr> <tr><td>Grilled Panini, Calzone, Baked Pizza in a Box</td><td style="text-align: right;">5.25</td></tr> <tr><td>Salad Meal</td><td style="text-align: right;">5.25</td></tr> </table> <p><i>Soup - Salad - Sandwich</i></p> <hr/> <table border="0" style="width: 100%;"> <tr><td>Soup & Crackers</td><td style="text-align: right;">1.25</td></tr> <tr><td>Salad (vegetable)/Crudités and Dip</td><td style="text-align: right;">0.75</td></tr> <tr><td>Grain Salad (macaroni, rice, bean, couscous)</td><td style="text-align: right;">1.50</td></tr> <tr><td>Crudités Plate and Dip</td><td style="text-align: right;">2.00</td></tr> <tr><td>Sandwiches: Regular Sandwich</td><td style="text-align: right;">2.75</td></tr> <tr><td style="padding-left: 20px;">Gourmet Sandwich</td><td style="text-align: right;">3.75</td></tr> <tr><td>Bagel</td><td style="text-align: right;">1.25</td></tr> <tr><td>Warmed Bagel & Cheese</td><td style="text-align: right;">2.25</td></tr> <tr><td>Bagel and Butter</td><td style="text-align: right;">1.75</td></tr> <tr><td>Croissant & Cheese</td><td style="text-align: right;">2.75</td></tr> </table> <p style="text-align: center;"><i>À la carte - extras</i></p> <hr/> <table border="0" style="width: 100%;"> <tr><td>Bread Sticks / Crackers / Melba Toast</td><td style="text-align: right;">0.25</td></tr> <tr><td>Butter / Margarine</td><td style="text-align: right;">0.25</td></tr> <tr><td>Cereal</td><td style="text-align: right;">1.50</td></tr> <tr><td>Cheese Portion</td><td style="text-align: right;">1.00</td></tr> <tr><td>Cookie: <i>Small – chocolate chip or oatmeal raisin</i></td><td style="text-align: right;">0.80</td></tr> <tr><td style="padding-left: 20px;"><i>Large - Oatmeal Galette</i></td><td style="text-align: right;">1.50</td></tr> </table>	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	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	Bread Sticks / Crackers / Melba Toast	0.25	Butter / Margarine	0.25	Cereal	1.50	Cheese Portion	1.00	Cookie: <i>Small – chocolate chip or oatmeal raisin</i>	0.80	<i>Large - 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MEAL BOOKLET

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 BOOKLET

Contact your school to order