



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

Sinclair Laird

Subsidized Lunch Program September 25 to December 22, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 25	September 26	September 27	September 28	September 29
Multigrain Chicken Nuggets Mashed Potatoes Cocktail Vegetables Apple Sauce	Chicken Fajita With Salsa Sunrise Vegetables Sunrise Vegetables (<i>Cat Only</i>) Cocoa Oatmeal Cookie	Three Cheese Pizza Coleslaw Fruit Salad	Chicken Fried Rice Garden Vegetables Fruit Jello	Breakwich (Turkey) Potato Wedges Mixed Vegetables Fruit Crisp
October 2	October 3	October 4	October 5	October 6
Ocean Bites Mashed Potatoes Mexican Vegetables Muffin	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables Fresh Apple Slices	Cheese Manicotti In Tomato Sauce Sunrise Vegetables Fruit bread	Three Cheese Pizza Carrot Slaw Milk Pudding	Alfredo Ziti Al Forno (Chicken) Mixed Vegetables Sun Cookie pkg (Delicouki)
October 9 Thanksgiving	October 10	October 11	October 12	October 13 PED DAY
HOLIDAY	Fish Lemon Herbs Seasoned Rice with Carrots Mixed Vegetables Mandarin Slices	Butter Chicken Basmati Rice Mixed Vegetables Milk Pudding	Meatless Lasagna (TVP-Soya) Vegetarian Lasagna (with Soya) Garden Style Vegetables Yogurt	PED DAY
October 16	October 17	October 18	October 19	October 20
Ocean Bites Seasoned Egg Noodles Pick of The Day Vegetables Yogurt Tube	Three Cheese Pizza Baby Carrots Oatmeal Date pkg (Delicouki)	BBQ Chicken Leg Seasoned Rice with Carrots D-6 Peas and carrots Fruit Jello	Veggie Frittata Potato Wedges Sunrise Vegetables Crispy Cereal Square	Multigrain Chicken Nuggets Mashed Potatoes Mixed Vegetables Fresh Apple Slices
October 23	October 24	October 25	October 26	October 27
Macaroni and Cheese Broccoli Yogurt	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables Applesauce	Baked Fish Fillet Seasoned Egg Noodles Cocktail Vegetables Fruit Jello	Chicken Fajita With Salsa Garden Style Vegetables Cocoa Oatmeal Cookie	Vegetarian Cheeseburger Pick of The Day Vegetables Cake
October 30	October 31-Halloween	Novembre 1	Novembre 2	Novembre 3
Cheese Tortellini In Rosé Sauce Whole Green/Yellow Beans Yogurt Tube	Fish Lemon Herb Seasoned Rice With Carrots Garden Style Vegetables Halloween Treat	PED DAY	Crispy Coated Chicken Leg Pilaf Rice Sunrise Vegetables Fruit Bread	Chicken Pot Pie Potato Wedges Mixed Vegetables Milk Pudding

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.

Beverages are not included with the meal. Don't forget to pack your child's favorite drink or water in a reusable bottle.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 6	November 7	November 8	November 9	November 10
Santa Fe Cheeseburger Potato Wedges	Chicken Sub	Multigrain Chicken Nuggets Mashed Potatoes	Chicken Chipotle Wrap	Butter Chicken Basmati Rice
Baby Carrots Oatmeal Cookie	Mixed Vegetables Fruit Salad	Garden Style Vegetables Muffin	Baby Carrots Fresh Apple Slices	Pick of the Day Vegetables Rice & Oat Cereal Square
November 13	November 14	November 15	November 16	November 17
Cheese Manicotti in Tomato Sauce	Vege Frittata Potato Wedges	BBQ Chicken Leg Mashed Potatoes	Mexican Turkey Wrap	PED DAY
Cocktail Vegetables Muffin	Sunrise Vegetables Yogurt	Mixed vegetables Mandarin Slices	Pick of The Day Vegetables Mandarin Slices	
November 20	November 21	November 22	November 23	
Chicken Souvlaki Platter With Tzatziki and Pilaf Rice	Cheese Tortellini in Rosée Sauce	Ocean Bites Mashed Potatoes	Three Cheese Pizza	Meatless Chili (with TVP) Cooked Rice
Sunrise Vegetables Oatmeal Cookie	Mexican Vegetables Yogurt Tube	Mixed Vegetables Fresh Apple Slices	Corn Salad Fruit Jello	Whole Green/Yellow Beans Milk Pudding
November 27	November 28	November 29	November 30	December 1
Chicken Pot Pie Seasoned Rice with Carrots	Veggie Pizza on Pita	Macaroni and Cheese B-C6b	Crispy Coated Chicken Leg Pilaf Rice	Chicken Caesar Wrap
Mixed Vegetables Fruit Salad	Coleslaw Sun Cookie pkg (Delicouki)	Garden Style Vegetables Yogurt	Sunrise Vegetables Crispy Cereal Square	Carrot Slaw Muffin
December 4	December 5	December 6	December 7	December 8
Multigrain Chicken Nuggets Mashed Potatoes	Chicken Fajita With Salsa	Three Cheese Pizza	Turkey Roast & Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce Holiday Treat!	PED DAY
Cocktail Vegetables Apple Sauce	Sunrise Vegetables Sunrise Vegetables Cocoa Oatmeal Cookie	Coleslaw Fruit Salad		
December 11	December 12	December 13	December 14	
Ocean Bites Mashed Potatoes	Zesty Chicken Platter Seasoned Rice With Carrots	Cheese Manicotti In Tomato Sauce	BBQ Grilled Chicken Sub	Alfredo Ziti Al Forno (Chicken)
Mexican Vegetables Muffin	Pick of The Day Vegetables Fruit bread	Sunrise Vegetables Fresh Apple Slices	Crudités & Dip Milk Pudding	Mixed Vegetables Sun Cookie pkg (Delicouki)
December 18	December 19	December 20	December 21	December 22
Cheese Tortellini in Rosée Sauce	Fish Lemon Herbs Seasoned Rice with Carrots	Butter Chicken Basmati Rice	Meatless Lasagna (TVP-Soya) Vegetarian Lasagna (with Soya)	Chicken Quesadilla with Salsa
Pick of The Day Vegetables Oatmeal Cookie	Mixed Vegetables Mandarin Slices	Mixed Vegetables Milk Pudding	Garden Style Vegetables Yogurt	Mixed Green Salad Fruit Crisp

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