

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SOME PRICES
<b>WEEK 1</b> December 12 January 16 February 6 February 27	Lentil Soup Tuna Casserole Swiss Steak Mashed Potatoes Broccoli Dessert of the day	Chicken Noodle Soup Baked Tomato Pasta Pekin Pork Rice Mixed Vegetables Dessert of the day	Vegetable Soup Oriental Beef Macaroni Enchilada Carrots & Turnips Dessert of the day	Potato & Leek Soup Napolitan Pita Szechuan Beef Rice Noodles Red Cabbage Dessert of the day	Oriental Soup Honey Mustard Chicken Creole Shrimp Rice & Barley Carrots Sticks Dessert of the day	<b>MEAL DEAL</b> <i>Entrée, vegetable, starch (if applicable),            dessert of the day, milk 200ml</i> <b>\$3.55</b> <b>À LA CARTE</b> <i>Entrée &amp; vegetable only</i> <b>\$2.80</b> <i>Sandwich \$2.25            Side Salad 0.80¢            Garden/Caesar Salad \$2.75</i> <i>Soup 0.90¢            Milk 0.45¢            100% pure fruit juice 0.85¢ - \$2.35</i> <i>Oatmeal Cookie 0.55¢/\$1.00            Breakfast muffin 0.65¢</i> <b>Early bird breakfast</b> <i>(milk &amp; breakfast muffin)</i> <b>0.70¢</b> <i>Utensil (if not purchasing any            food from the cafeteria)</i> <b>0.10¢</b> <b>Have a great and            successful school year!</b> <i>Let's work together            to offer            «Healthy food choices»            at school</i>
<b>WEEK 2</b> November 28 December 19 January 23 February 13 March 5	Minestrone Soup Baked Tortellini, Rosée Sauce Chicken & Broccoli Stir Fry Egg Noodles Green Beans Dessert of the day	Cream of Broccoli Spaghetti and Meatballs Portuguese Fish Fillet Seasoned Rice Caesar Salad Dessert of the day	Chicken & Vegetable Soup Shepherd's Pie Lemon & Oregano Chicken Mashed Potatoes Californian Vegetables Dessert of the day	Tomato & Noodle Soup Spicy Tamale Pie BBQ Chicken Leg Herbed Potatoes Peas & Carrots Dessert of the day	Cream of Vegetable Pork Souvlaki on Rice Chili Con Carne Whole Wheat Tortilla Corn and Red Peppers Dessert of the day	
<b>WEEK 3</b> December 5 January 9 January 30 February 20	Beef & Barley Soup Baked Chicken Noodles Deluxe Quiche Bean Medley Dessert of the day	Creole Soup Rigatoni Bolognese Thai Peppered Chicken Rice Noodles Caesar Salad Dessert of the day	Cream of Carrot Vegetarian Burrito Sweet and Sour Meatballs Egg Noodles Veggie Sticks Dessert of the day	Chicken and Sweet Corn Paella Cajun Meatloaf Mashed Potatoes Carrots Dessert of the day	Beef & Vegetable Soup Penne with Italian Sausage Teriyaki Drumsticks Paprika Potatoes Seasonal Vegetables Dessert of the day	

Note:

- ✓ This menu and all foods served in the LBPSB Cafeterias comply with the LBPSB Food & Nutrition Policy
- ✓ All main entrees are served with the recommended portion of vegetables. Any serving of a hot vegetable may be replaced with a salad or raw vegetables.
- ✓ Menus are subject to modifications according to season and product availability.
- ✓ The onus is on the students with dietary constraints to be proactive by inquiring about the ingredients of all foods. Please visit with your cafeteria manager for additional information.

These menus and recipes are approved by :  
Joëlle Michaud, Dt.P.

great people  
great service  
great results

Joëlle Michaud, Dt.P.