

École secondaire Massey-Vanier
School year 2018-2019



Monday	Tuesday	Wednesday	Thursday	Friday
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1st Week
 Aug. 27 Feb. 25
 Sept. 24 March 25
 Oct. 22 April 22
 Nov. 19 May 20
 Dec. 17 June 17
 Jan. 28

2nd Week
 Sept. 3 Feb. 4
 Oct. 1st March 4
 Oct. 29 April 1st
 Nov. 26 April 29
 Jan. 7 May 27

3rd Week
 Sept. 10 Feb. 11
 Oct. 8 March 11
 Nov. 5 April 8
 Dec. 3 May 6
 Jan. 14 June 3

4th Week
 Sept. 17 Feb. 18
 Oct. 15 March 18
 Nov. 12 April 15
 Dec. 10 May 13
 Jan. 21 June 10

Cream of mushroom soup Chicken Enchiladas Brie & pepper Frittata Diced roasted potatoes Green salad & red cabbage Corn kernel <i>Pineapple cubes</i>	Onion soup Lasagna with meat sauce Chicken drumsticks honey and garlic Brown rice Caesar salad Lemon and pepper broccoli florets <i>Apple crumble</i>	Chicken & noodle soup Shepherd's pie Crispy fish fillet with mango salsa Couscous Chef's salad Green beans <i>Chocolate pudding</i>	Farmer's market soup Rigatoni with italian sauce Burgundy beef or Stroganoff Pilaf barley Garden salad Julienne of yellow carrots <i>Yogurt with cereals</i>	Cream of broccoli Tennessee turkey burger Crispy tofu sticks Potato wedges Spinach salad Prince Edward mixed vegetables <i>Banana bread</i>
Vegetable soup BBQ meatballs Egg noodles with parsley Sunshine flat bread (egg, cheese, ham, hollandaise sauce) Raw vegetables and dip Bean Duo <i>Orange or mandarine wedges</i>	Lentil soup Tortellini with rosée sauce Shish taouk plate Fattouche salad Montego vegetables <i>Butterscotch pudding</i>	Oriental soup Teriyaki chicken Rice vermicelli Black beans Quesadillas Carrot salad Cauliflower with paprika <i>Small oat cookie</i>	Garden vegetable soup Beef and tomato noodle Salmon pie with egg sauce Caesar salad Diced butternut squash <i>Raspberry clafoutis</i>	Country-style soup Butter chicken Vegetable casserole and vegetarian sausage Basmati rice Vegetable salad Green peas <i>Mango "trottoir"</i>
Chicken & vermicelli soup Steak with pepper sauce Fish roulade with spinach Mashed vegetables Baked zucchini Coleslaw <i>Vanilla pudding</i>	Vegetable soup Spaghetti with bolognese sauce/vegetarian Pork dijonnaise Quinoa Caesar salad Green beans <i>Fruit salad</i>	Cream of carrot soup General Tao chicken Cantonese noodles Vegetarian burger Oriental salad Broccoli, orange sauce <i>Pineapple upside-down cake</i>	Minestrone soup Glazed meatloaf Coconut milk turkey Rice with herbs Spinach salad & radish Corn & red pepper <i>Fruit jelly</i>	Beef & barley soup Penne with chicken and pesto Falafels Grilled vegetables Mediterranean salad <i>Cup of yogurt and berries</i>
Cream of squash soup Hot chicken Mashed potatoes Meatless tex-mex gratin Market salad Green peas <i>Cup of grape</i>	Tomato and rice soup Cheese macaroni Beef pie Caesar salad Edamames and yellow carrots <i>Brownie with black beans</i>	Potage Du Barry Homemade pork souvlaki Pita bread and brown rice Turkey chili Tortilla chips Mesclun salad Montego vegetables <i>Strawberry yogurt</i>	Pea soup Crispy chicken bites Potato wedges Beef and tomato creamy farfalles Chef's salad Herb sliced carrots <i>Melon cubes</i>	Chicken & quinoa soup Veal parmesan Parsleyed pasta Seafood calzone Italian salad Bean Duo <i>Pear crumble</i>

Menu of the day price:

\$5.25

The "meal tokens"

You can take advantage of "Chartwells" meal tokens for your child's meals at the cafeteria.

The purchase of tokens allows your child to get a complete meal in the menu of the day (4 items).

That way, you make sure that your child will eat a balanced and complete meal.

Where do you get them?

At lunchtime or at break, your child can go see our cafeteria manager,

- with a cheque payable to «Groupe Compass (Québec) Itée»

- with the amount in cash. He/she will be given an envelope containing 10 "meal tokens".



Menus are subject to change according to the season and product availability
 These menu selections are approved by a nutritionist and member of OPDQ. *Joëlle Mier, Dt.P.*