



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Aug. 26 Feb. 24
Sept. 23 March 23
Oct. 21 April 20
Nov. 18 May 18
Dec. 16 June 15
Jan. 27

Chicken & vermicelli soup
Teriyaki beef meatballs

Greek fish

Multi-grain rice pilaf
Broccoli florets
Carrot salad

Honeydew melon cubes

Vegetable soup
Meat lasagna

**Sauteed tofu and broccoli
With hoisin sauce**
Rice vermicelli

Cauliflower with paprika
Spinach salad
& red onion

Apple crumble

Carrot soup
**Piri-piri chicken,
Potato wedges**

Egg Ciabatta

Chef salad
Bean duo

Yogurt parfait

Minestrone soup
Bifteck with sauce lyonnaise
Green peas

**Lentil bread,
tomato sauce**

Mashed potatoes

Molasses cookies

Beef & barley soup
**Cheese tortellinis,
sauce rosée**
Caesar salad

Lemongrass chicken

Cantonese noodles
Asian vegetables

**Vanilla pudding and
graham cookies**

Week 2

Sept. 2 March 2
Sept. 30 March 30
Oct. 28 April 27
Nov. 25 May 25
Jan. 6 June 22
Feb. 3

Cream of squash soup
Tandoori chicken drumsticks
Basmati rice

Black bean quesadillas

Green salad and
Red cabbage
Yellow carrots

Mandarine wedges

Pea soup
Mac & cheese
Grilled vegetable salad

Burgundy beef

Herb noodles
Parsnip sticks and country
style roasted carrots

Blueberry bread

Cream of Cauliflower soup
**Homemade Tennessee
turkey burger**
Coleslaw

**Fillet of Jamaican pork
dijonnaise**
Multigrain rice with
black beans
Green beans

Cup of grapes

Tomato and rice soup
Chicken with coconut milk
Whole wheat couscous

Tex-Mex gratin

Crispy salad
Broccoli sprouts

Oatmeal cookies

Chicken & quinoa soup
Veal parmesan

**Pollock croquettes
and spicy mayonnaise**

Lemon fettuccine
Mesclun salad
Garden vegetables

Butterscotch pudding

Week 3

Sept. 9 Feb. 10
Oct. 7 March 9
Nov. 4 April 6
Dec. 2 May 4
Jan. 13 June 1st

Cream of mushroom soup
Butter chicken
Cumin rice

Garden frittata

Spinach salad
Roasted Brussels sprouts

Raspberry yogurt

Onion soup
Meat sauce spaghetti

**Florentine turkey on grilled
whole bread**

Caesar salad

Tropical fruit salad

Chicken & vermicelli soup
**Turkey pie with
sweet potatoes**
Beet and apple salad

Tuna croque-monsieur

Green salad

Mango upside-down cake

Farmer's market soup
Gnocchi with Italian sausage

Beef satay
Herb rice

Market salad
Baked zucchini

Apple sauce

Cream of broccoli
Chicken pot pie

Vegetarian burger

Chef salad
Edamame and
yellow carrots

Banana bread

Week 4

Sept. 16 Feb. 17
Oct. 14 March 16
Nov. 11 April 13
Dec. 9 May 11
Jan. 20 June 8

Vegetable soup
**Chili con carne in a bowl and
wheat tortillas**

Turkey bread with apples
Duo of potatoes

Green salad
Corn and red peppers

Chocolate pudding

Lentil soup
**Vegetarian macaroni
au gratin**

Chicken curry
Whole wheat couscous

Creamy coleslaw
Broccoli florets

Cantaloup cubes

Oriental soup
Hot chicken
Mashed potatoes

Plate of chickpea falafel
Potatoes with garlic

Fattouche salad
Green peas

Cranberry cookies

Cream of chicken
Italian pita

Fillet of fish with mango
Quinoa

Mediterranean salad
«Rising-sun» macedoine

Berry crumble

Country-style soup
Bread stuffed with turkey

**Dahl with lentils
and grilled pitas**

Market salad
Raw vegetables

Brownie with red beans

Menu of the day price:

\$5.40

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"**.

