École secondaire Massey-Vanier High School
Eastern Townships School Board

School year 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Aug. 23 / Feb. 21 Sept. 20 / March 21 Oct. 18 / April 18 Nov. 15 / May 16 Dec. 13 / June 13 Jan. 24	Chicken and vegetable soup **Italian pita** **Old cheddar cheese and vegetable frittata** Pilaf rice Green salad and red cabbage Broccoli florets *Pineapple cubes*	Pea soup **Mac and cheese** **Crispy fish fillet** Potato wedges Caesar salad Green beans *Apple and strawberry crumble*	Cream of vegetable soup **Chicken and broccoli stir-fry** Egg noodles **Roasted pan potato and sausage** Chef's salad Parsley carrots *Chocolate pudding*	Farmer's market soup **Vegetarian Tex Mex au gratin** **Turkey in coconut milk** Vermicelli Garden salad Montego vegetables *Yogurt with cereals*	Cream of broccoli **General Tao chicken** **Lentil and squash curry** Basmati rice Spinach salad Mixed vegetables *Banana cake*
Week 2 Aug. 30 / Feb. 28 Sept. 27 / March 28 Oct. 25 / April 25 Nov. 22 / May 23 Dec. 20 / June 20 Jan. 31	Cream of mushroom **Butter chicken** Steamed rice **Mexican quesadillas** Broccoli florets Garden salad *Orange and mandarin wedges*	Onion soup **Spaghetti, and meat sauce** **Sweet potato layered casserole** Caesar salad Bistro vegetable mix *Graham cracker caramel squares*	Minestrone soup **Teriyaki chicken** **Florentine quiche with feta** Potato wedges Sautéed vegetables Green salad and red cabbage *Small oatmeal cookie*	Tomato and quinoa soup **Homemade turkey burger** **Ginger tofu stir-fry** Rice vermicelli Kimchi salad Carrots *Raspberry clafoutis*	Cream of chicken **Hamburger steak** Mashed potatoes **Salmon pie, dill sauce** Green peas Mediterranean salad *Yogurt parfait with mixed berries*
Week 3 Sept. 06 / Feb. 07 Oct. 04 / March 07 Nov. 01 / April 04 Nov. 29 / May 02 Jan. 10 / May 30	Chicken and vermicelli soup **Beef Stroganoff** **Bruschetta fish fillet** Egg noodles California mix Chef's salad *Vanilla pudding*	Lentil soup **Penne Pizza** **Artichoke and goat cheese flatbread** Caesar salad Baked vegetable *Fruit salad*	Carrot soup **Salsa chicken cutlet** **Mediterranean pork** Parsley rice Spinach salad Bean duo *Pineapple upside-down*	Farmer's market soup **Shepherd's pie** **Greek omelet** Quinoa Chef's salad Carrots and edamame *Strawberry yogurt*	Beef and barley soup **Homemade chicken bites with spicy mayonnaise** Hash browns **Vegan lentil loaf** Coleslaw Montego vegetables *Mango pastry*
Week 4 Sept. 13 / Feb. 14 Oct. 11 / March 14 Nov. 08 / April 11 Dec. 06 / May 09 Jan. 17 / June 06	Cream of tomato **BBQ chicken leg** Baby potatoes **Chili sin carne** Tortilla chips Corn and red peppers Carrot salad *Apple sauce*	Chicken and noodle soup **Meat lasagna** **Pita falafel** Caesar salad Fresh baked zucchini *Brownie with black beans*	Vegetable soup **Turkey pie** **Beef Burgundy** Mashed potatoes Bistro vegetable mix Italian salad *Date squares*	Cream squash soup **Portuguese chicken** Basmati rice **Tuna nuggets with aioli sauce** Market salad Broccoli florets *Melon cubes*	Oriental soup **Parmigiana veal** Parsley pasta **Vegetarian gourmet sandwich** Spring salad Green beans *Pear crumble*

Menus are subject to change according to the season and product availability.

Menu of the day price:

$5.75

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) ltée»

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

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