



Aug. 19  
Sep. 16  
Oct. 14  
Nov. 11  
Dec. 09  
Jan. 20  
Feb. 17  
Mar. 17  
Apr. 14  
May 12  
June 09

Aug. 26  
Sep. 23  
Oct. 21  
Nov. 18  
Dec. 16  
Jan. 27  
Feb. 24  
Mar. 24  
Apr. 21  
May 19  
June 16

Sep. 02  
Sep. 30  
Oct. 28  
Nov. 25  
Jan. 06  
Feb. 03  
Mar. 03  
Mar. 31  
Apr. 28  
May 26

Sep. 09  
Oct. 07  
Nov. 04  
Dec. 02  
Jan. 13  
Feb. 10  
Mar. 10  
Apr. 07  
May 05  
June 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cream of Mushroom Soup  <b>Vegetarian Curry</b> <sup>1</sup> <i>(C. Gguen, sec. 3)</i>  <b>BBQ Chicken Drumstick</b> Parsley Rice  <b>Green Beans</b> Green Salad and Red Cabbage	<b>Vegetable Soup</b>  <b>Fish Burger</b>  <b>Pork Souvlaki</b> Buttered Carrots  Garlic and Oregano Roasted Potatoes Spinach Salad	<b>Cream of Carrot Soup</b>  <b>Coral Lentil Balls</b> <sup>1</sup> <i>(A. Mehdi Benzaid, sec. 1)</i> Mashed Potatoes  <b>Chicken Pot Pie</b>  <b>Green Peas</b> Chef's Salad	Chicken and Rice Soup  <b>Tofu and Spinach Lasagna</b> <sup>1</sup> <i>(D. Paquet, sec. 1)</i>  <b>Korean Veal Patty</b> Buttered noodles  Sauteed Vegetable Caesar Salad	Cream of Vegetable Soup  <b>Pulled Tofu Sandwich</b> <sup>1</sup> <i>(M. Lapierre, sec. 2)</i>  <b>Portuguese Chicken</b> Herb Rice  <b>Mixed Vegetable</b> Creamy Coleslaw
Cream of Sweet Potato  <b>Broccoli and Cheese Frittata</b>  <b>Swedish Beef Meatballs</b> Rice and Barley Pilaf  Baked Zucchini Spring Salad	Beef and Barley Soup  <b>North African-style Falafel and Couscous</b> <sup>1</sup> <i>(V. Landié-Maheux, 6<sup>e</sup> année)</i>  <b>Butter Chicken</b> Naan Bread  <b>Steamed Broccoli</b> Fattoush Salad	Chicken and Noodle Soup  <b>Florentine Fish Roulade</b> Green Lentils with Herbs of Provence  <b>Italian Pita</b>  California-style Vegetable Caesar Salad	Cream of Cauliflower Soup  <b>Bean and Broccoli Pasta</b> <sup>1</sup> <i>(J. Bissonnette, sec. 4)</i>  <b>Chicken Parmesan</b> Butter Pasta <b>Green Beans with Pesto</b>  Spinach and Carrot Salad	Minestrone Soup  <b>Mac and Cheese</b>  <b>Sweet and Sour Pork</b> Parsley Mashed Potatoes Asian Vegetable Stir-Fry  Mixed Salad
<b>Onion Soup</b>  <b>Lentil Pasta</b> <sup>1</sup> <i>(N. Haltigin, sec. 1)</i>  <b>Teriyaki Chicken</b> Rice Noodle  <b>Bistro Vegetable Mix</b> Caesar Salad	Cream of Tomato Soup  <b>Nordic Shrimp Hoagie</b>  <b>Mustard and Honey Pork</b> Rosemary Roasted Baby Potatoes  <b>Broccoli and Cauliflower</b> Green Salad	Cream of Carrot and Ginger Soup  <b>Vegetarian Chili</b> Tortilla Chips  <b>Turkey Burger</b>  Corn and Red Peppers Green Cabbage Salad	<b>Vegetable Soup</b>  <b>Pasta Primavera with Vegetable</b> <sup>1</sup> <i>(N. Odongui-Bonnard, CE1)</i>  <b>Shepherd's Pie</b>  Carrots sauteed with Cumin Chef's Salad	Green Lentil Soup with Curry  <b>Omelette Pizza</b>  <b>Tandoori Chicken</b> Potatoes with Montreal Spices  Sesame Green Beans Carrot Salad
<b>Cream of Chicken Soup</b>  <b>Fish Bruschetta</b>  <b>Lyonnais Hamburger Steak</b>  <b>Mashed Potatoes</b> Peas and Carrots Red Cabbage Salad	Tomato and Macaroni Soup  <b>Vegetarian Fricassée</b> <sup>1</sup> <i>(L. Goguen, sec. 5)</i>  <b>Chicken Fingers</b> Spicy Roasted Potatoes  Sautéed Green Zucchini Spring Salad	<b>Parmentier Soup with Fresh Basil</b>  <b>Tofu Fried Rice</b>  <b>Meat Burrito</b>  Autumn Vegetable Mix Chef's Salad	<b>Pea Soup</b>  <b>Tortellini, Rosé Sauce</b>  <b>Quiche Lorraine</b>  Grilled Broccoli with Garlic Caesar Salad	<b>Farmer's Market Soup</b>  <b>Tuna Casserole</b>  <b>Red Curry Chicken with Mango</b> Basmati Rice  <b>Carrot and Edamame</b> Asian Salad

**Menu of the day price**

included:

- Soup
- Main course
- Milk
- and dessert

**\$6.75**



\* Plate registered with the **Aliments du Québec au menu.** / Contains 50% more ingredients of certified Quebec origin. Menus are subject to change according to the season and the product availability  
(the identified dishes/products may be modified depending on the availability of supplies when preparing the recipes.)



\*\* Dishes part of our vegetarian offer.



<sup>1</sup> Dish from the winning student of the vegetarian recipe competition in partnership with Lab 22.