



## Menu of the day price

- included:
- Main course
  - Milk
  - Dessert of the day

**\$7.00**



SCHOOL YEAR 2025-2026

WEEK 1

WEEK 2

WEEK 3

WEEK 4

Aug. 25  
Sep. 22  
Oct. 20  
Nov. 17  
Dec. 15  
Jan. 26  
Feb. 23  
Mar. 23  
Apr. 20  
May 18  
June 15

Sep. 01  
Sep. 29  
Oct. 27  
Nov. 24  
Jan. 05  
Feb. 02  
Mar. 02  
Mar. 30  
Apr. 27  
May 25

Sep. 08  
Oct. 06  
Nov. 03  
Dec. 01  
Jan. 12  
Feb. 09  
Mar. 09  
Apr. 06  
May 04  
June 01

Sep. 15  
Oct. 13  
Nov. 10  
Dec. 08  
Jan. 19  
Feb. 16  
Mar. 16  
Apr. 13  
May 11  
June 08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken and vegetable soup</p> <p><b>Veal parmigiana</b></p> <p><b>*Tofu Tao<sup>1</sup></b> (A. Bilodeau, sec. 1)</p> <p>Egg noodles Green beans Caesar salad</p>	<p>Lentil soup</p> <p><b>Portuguese-style chicken leg</b> Barley pilaf</p> <p><b>Mac and cheese</b></p> <p>Mixed Vegetable Fusion salad</p>	<p>Cream of Chicken soup</p> <p><b>Greek plate</b> (marinated pork, garlic rice, tzatziki sauce, tip of pita)</p> <p><b>Fish-bruschetta</b> Rice with garlic and oregano</p> <p>Buttered broccoli Greek salad</p>	<p>Vegetable soup</p> <p><b>Crispy chicken drumsticks in a spicy crust</b> Roasted potatoes</p> <p><b>Sweet potato and black beans wrap</b></p> <p>Mexican vegetables Coleslaw</p>	<p>Cream of broccoli soup</p> <p><b>Hamburger Steak with Lyonnaise sauce</b> Mashed potatoes</p> <p><b>Banh-mi sandwich<sup>1</sup></b> (M.-É. Gonthier, enseignante)</p> <p>Parsley carrots Garden salad</p>
<p>Cream of Mushroom soup</p> <p><b>Hot chicken on a round bun</b></p> <p><b>*Tofu Wowbutter</b> Rice noodles</p> <p>Green peas Market salad</p>	<p>Onion soup</p> <p><b>Lasagne</b></p> <p><b>Falafel pita</b></p> <p>Sautéed zucchini with herbs Caesar salad</p>	<p>Minestrone soup</p> <p><b>Teriyaki chicken</b> Couscous</p> <p><b>Salmon pâté, egg sauce</b></p> <p>Broccoli florets Spinach salad</p>	<p>Cream of Vegetable soup</p> <p><b>Meat burrito</b></p> <p><b>*Chickpea curry</b> Basmati rice</p> <p>Vegetables San Francisco Creamy carrot salad</p>	<p>Tomato and quinoa soup</p> <p><b>Barbecue chicken pizza</b></p> <p><b>Layered grilled vegetables and ricotta<sup>1</sup></b> (W. Hudon, sec. 2)</p> <p>Mixed vegetables Italian-style Mesclun salad</p>
<p>Chicken noodle soup</p> <p><b>Shanghai beef balls</b> Mashed potatoes</p> <p><b>Indian-style Dah</b> Naan demi-pain</p> <p>Florentine Vegetables Chef's salad</p>	<p>Cream of squash soup</p> <p><b>Sweet and sour pork strips</b> Quinoa</p> <p><b>Tuna casserole</b></p> <p>Carrots with cumin California salad</p>	<p>Vegetable soup</p> <p><b>Italian Pita</b></p> <p><b>*Vegetable and cheese omelet</b></p> <p>Paris vegetables Market salad</p>	<p>Cream of carrot soup</p> <p><b>Butter chicken</b></p> <p><b>Fish fillet in a herb crust</b></p> <p>Steamed rice Bean duo Green salad with red cabbage</p>	<p>Oriental soup</p> <p><b>Chinese plate</b> Soy fried rice</p> <p><b>Vegetarian chili wrap<sup>1</sup></b> (V. Fournier, enseignante)</p> <p>Stir-fried Asian vegetables Spinach and carrot salad</p>
<p>Beef and barley soup</p> <p><b>Pulled pork Parmentier</b></p> <p><b>Tex-Mex veggie bowl</b> Rice</p> <p>Grilled root vegetables Market salad</p>	<p>Chicken and rice soup</p> <p><b>Pasta with meat sauce</b></p> <p><b>*Quinoa with chickpeas and vegetables<sup>1</sup></b> (C. Binet, sec. 1)</p> <p>Broccoli Caesar salad</p>	<p>Cream of tomato soup with basil</p> <p><b>Cajun chicken burger</b></p> <p><b>Broccoli and cheese quiche</b></p> <p>Mixed Vegetable Coleslaw</p>	<p>Cream of turnip soup</p> <p><b>Spicy beef casserole and diced potatoes</b></p> <p><b>*Garden Gratin</b></p> <p>Fusion mixed vegetable Mediterranean salad</p>	<p>Beef noodle soup</p> <p><b>Chicken cacciatore</b></p> <p><b>Fish tacos (2)</b></p> <p>Rice pilaf Peas and carrots Corn and bell pepper salad</p>



**\*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 Lab22.