

September 2024

<p>Monday 2</p> <p>Main course</p> <ul style="list-style-type: none"> NMU NMU NMU <p>Beverages</p> <ul style="list-style-type: none"> 100% pure juice Milk 2% 100% pure juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p>	<p>Tuesday 3</p> <p>Main course</p> <ul style="list-style-type: none"> BBQ chicken breast Cheese tortellini Vegetarian strips Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Mixed fruit applesauce Raw vegetables 	<p>Wednesday 4</p> <p>Main course</p> <ul style="list-style-type: none"> Italian beef meatballs Feast mexican chicken Tofu fried rice Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Yogurt (tube) Raw vegetables 	<p>Thursday 5</p> <p>Main course</p> <ul style="list-style-type: none"> GARFIELD'S Lasagna Cacciatore chicken Cacciatore tofu Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Fruit salad Raw vegetables 	<p>Friday 6</p> <p>Main course</p> <ul style="list-style-type: none"> Cajun chicken with vegetables couscous Legume pasta salad (served cold) Lentil tacos Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Molasse cookie Raw vegetables
<p>Monday 9</p> <p>Main course</p> <ul style="list-style-type: none"> Vegetables and meat sauce spaghetti Delicious Chicken meatballs Veggie spaghetti gratiné Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Diced peach Raw vegetables 	<p>Tuesday 10</p> <p>Main course</p> <ul style="list-style-type: none"> Multigrain chicken bites, oven roasted potatoes Meatloaf (beef) Vegetable stripes teriyaki Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Fruit yogurt Raw vegetables 	<p>Wednesday 11</p> <p>Main course</p> <ul style="list-style-type: none"> Breakfast burrito Le Lunch Tender multigrain breaded fish filets on rice Moroccan couscous Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Fresh fruit Raw vegetables 	<p>Thursday 12</p> <p>Main course</p> <ul style="list-style-type: none"> MEXI-CASA Sweet Chili Lunch! Greek style chicken brochette Vegetarian chili MEXI-CASA Le Lunch! Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Mixed fruit applesauce Raw vegetables 	<p>Friday 13</p> <p>Main course</p> <ul style="list-style-type: none"> Chicken pilaf rice Beef Gratin marinara Tomatoes sauce Macaroni gratiné Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Banana cake Raw vegetables
<p>Monday 16</p> <p>Main course</p> <ul style="list-style-type: none"> Fusilli au gratin, rosée sauce French toast, old-fashioned ham (pork) and baked beans Italian lentil gratin Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Cup of Mandarins Raw vegetables 	<p>Tuesday 17</p> <p>Main course</p> <ul style="list-style-type: none"> Morning sandwich Le Lunch General Tao Meatballs Tofu Hot chicken style Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Oat and date cookie Raw vegetables 	<p>Wednesday 18</p> <p>Main course</p> <ul style="list-style-type: none"> Swedish Meatballs on Egg Noodles Dijonnaise fish served on rice and vegetables Leguminous sweet bread Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Yogurt (tube) Raw vegetables 	<p>Thursday 19</p> <p>Main course</p> <ul style="list-style-type: none"> Plate of turkey sausages, mashed potato Oriental platter chicken Oriental lentil pasta salad (served cold)NEW!!! Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Mixed fruit applesauce Raw vegetables 	<p>Friday 20</p> <p>Main course</p> <ul style="list-style-type: none"> Pizza-ghetti de la Casa Le Lunch Cheese ravioli gratin Vegetarian Tacos TEX MEX Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Oat and raisin pancake Raw vegetables
<p>Monday 23</p> <p>Main course</p> <ul style="list-style-type: none"> Pineapple chicken Meatloaf Pizza style Pineapple tofu Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Fruit salad Raw vegetables 	<p>Tuesday 24</p> <p>Main course</p> <ul style="list-style-type: none"> Breakfast pancakes sandwich Chicken Nachos style Nachos style vegetarian strip Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Yogurt (tube) Raw vegetables 	<p>Wednesday 25</p> <p>Main course</p> <ul style="list-style-type: none"> Big-fish nuggets Italian Polpette au gratin General Tao tofu style Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Fresh fruit Raw vegetables 	<p>Thursday 26</p> <p>Main course</p> <ul style="list-style-type: none"> Chicken and apple stew NEW!!! Ham (Pork) and apple breakfast NEW!!! Tofu and apple stew Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Apple cake Raw vegetables 	<p>Friday 27</p> <p>Main course</p> <ul style="list-style-type: none"> Beef burger Chicken à la king Pasta Fiesta !!! au gratin, tomato sauce Shepherd's pie (beef) Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> Milk 2% 100% pure juice Vegetable juice Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> Mixed fruit applesauce Raw vegetables

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Main course</p> <ul style="list-style-type: none"> • Penne, homemade meat sauce (beef) • Mediterranean chicken couscous • 3 cheese manicotti • Shepherd's pie (beef) • Lasagna au gratin <p>Beverages</p> <ul style="list-style-type: none"> • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-\$0.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Diced peach • Raw vegetables 				