

# September 2024

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

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