

# October 2024

<p><b>Monday</b> 30</p>	<p><b>Tuesday</b> 1</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Popcorn chicken</li> <li>• Vegetarian quiche ( no pastry)</li> <li>• California style veggies balls</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>Wednesday</b> 2</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Mini fish tacos with cheddar</li> <li>• Stew meatballs</li> <li>• Chickpea veggie loaf with broccoli au 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>• Fruit yogurt</li> <li>• Raw vegetables</li> </ul>	<p><b>Thursday</b> 3</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Hamburger steak, mashed potatoes</li> <li>• Indian-style chicken</li> <li>• Lentils pizza wrap</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> 4</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Broccoli macaroni and Cheese</li> <li>• Beef Taco Bread</li> <li>• Indian style 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>• Oatmeal cookie</li> <li>• Raw vegetables</li> </ul>
<p><b>Monday</b> 7</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Garden sauce pasta</li> <li>• Ham with pineapple</li> <li>• Veggie Jambalaya with vegetables</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> 8</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Chinese buffet Le Lunch</li> <li>• BBQ meatballs</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>• Yogurt (tube)</li> <li>• Raw vegetables</li> </ul>	<p><b>Wednesday</b> 9</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Hot chicken with green peas</li> <li>• Veracruz fish fillet</li> <li>• Linguine with tofu and pesto</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> 10</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Spaghetti meatballs</li> <li>• BBQ chicken strips</li> <li>• Asian Tofu 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>• Banana cake</li> <li>• Raw vegetables</li> </ul>	<p><b>Friday</b> 11</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Chicken burger with cheese</li> <li>• Beef chinese style</li> <li>• Rib-Style Tofu Stick</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>Monday</b> 14</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>• 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>	<p><b>Tuesday</b> 15</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Fusilli meat sauce</li> <li>• Bruschetta chicken style</li> <li>• Lentils Mafalda</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> 16</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Chicken and cheese rolled pizza</li> <li>• Haddock fillet bites</li> <li>• Mediterranean couscous with lentils</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>Thursday</b> 17</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Beef Nachos style</li> <li>• Toscane creamy chicken</li> <li>• Creamy tofu Toscane 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>• Mixed fruit applesauce</li> <li>• Raw vegetables</li> </ul>	<p><b>Friday</b> 18</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Crepe and sausage plate</li> <li>• Poulet-tine</li> <li>• Tofu-Tine</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>Monday</b> 21</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Le Brunch in Le Lunch</li> <li>• Chicken Stroganoff</li> <li>• Penne, gratinated 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>• Fruit salad</li> <li>• Raw vegetables</li> </ul>	<p><b>Tuesday</b> 22</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• General Tao chicken</li> <li>• Beef noodles</li> <li>• Teriyaki tofu and veggie</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> 23</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Fish fricadelle</li> <li>• Italian chicken brochette</li> <li>• Vegetarian parmentier</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> 24</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Tacos TEX MEX (beef)</li> <li>• Spanish chicken rice</li> <li>• Vegetarian spanish mfried 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>• Apple cake</li> <li>• Raw vegetables</li> </ul>	<p><b>Friday</b> 25</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Cheeseburger ( Beef)</li> <li>• Chicken Caesar Pasta Salad (served cold)</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>

<p><b>Monday</b> 28</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• 3 cheese manicotti</li> <li>• Beef Fried Rice</li> <li>• Tofu nachos 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>• Diced peach</li> <li>• Raw vegetables</li> </ul>	<p><b>Tuesday</b> 29</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Macaroni with cheese and grilled chicken</li> <li>• Vegetarian omelet</li> <li>• Mediterranean style couscous, grilled 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 yogurt</li> <li>• Raw vegetables</li> </ul>	<p><b>Wednesday</b> 30</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• The breakfast casserole</li> <li>• Florentine fish</li> <li>• Tofu Caesar wrap (served cold)</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>• Raspberry oatmeal cookie</li> <li>• Raw vegetables</li> </ul>	<p><b>Thursday</b> 31</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>• Monstrous Jurassic Chicken Nuggets (Dinosaurs)</li> <li>• Wicked Witch's Stew</li> <li>• Mummy's Fettuccine</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>• Halloween cookie</li> <li>• Raw vegetables</li> </ul>	<p><b>Friday</b> 1</p>
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