

October 2024

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

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