

November 2024

<p>Monday 28</p>	<p>Tuesday 29</p>	<p>Wednesday 30</p>	<p>Thursday 31</p>	<p>Friday 1</p> <p>Main course</p> <ul style="list-style-type: none"> • Shell pasta with meat sauce • Chicken breast with dijonnaise sauce • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables
<p>Monday 4</p> <p>Main course</p> <ul style="list-style-type: none"> • French toast, old-fashioned ham (pork) and baked beans • Chicken fried rice • Rotini primavera sauce 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Cup of Mandarins • Raw vegetables 	<p>Tuesday 5</p> <p>Main course</p> <ul style="list-style-type: none"> • General Tao Meatballs • BBQ strips • General Tao vegetable stripes • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yogurt (tube) • Raw vegetables 	<p>Wednesday 6</p> <p>Main course</p> <ul style="list-style-type: none"> • Veggie brunch • Tender multigrain breaded fish fillets on rice • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fresh fruit • Raw vegetables 	<p>Thursday 7</p> <p>Main course</p> <ul style="list-style-type: none"> • Beef bourguignon • Mediterranean chicken couscous • Tofu Bourguignon • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oat and raisin pancake • Raw vegetables 	<p>Friday 8</p> <p>Main course</p> <ul style="list-style-type: none"> • Pizza-ghetti de la Casa Le Lunch • Italian chicken pasta salad (served cold) • Mexican vegetarian pan of rice Vege • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables
<p>Monday 11</p> <p>Main course</p> <ul style="list-style-type: none"> • Penne, homemade meat sauce (beef) • Tomatoes sauce Macaroni gratiné • Pizza-style legume 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit salad • Raw vegetables 	<p>Tuesday 12</p> <p>Main course</p> <ul style="list-style-type: none"> • Morning sandwich Le Lunch • Delicious Chicken meatballs • Veggies meatballs • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oatmeal cookie • Raw vegetables 	<p>Wednesday 13</p> <p>Main course</p> <ul style="list-style-type: none"> • Texan Hamburger • Fish fillet • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Fruit yogurt • Raw vegetables 	<p>Thursday 14</p> <p>Main course</p> <ul style="list-style-type: none"> • GARFIELD'S Lasagna • Chicken and seasonal Casserole • Lentil and seasonal vegetable casserole • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Raspberry oatmeal cookie • Raw vegetables 	<p>Friday 15</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken brochette with BBQ sauce • Beef enchiladas • Mini Ravioli • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables
<p>Monday 18</p> <p>Main course</p> <ul style="list-style-type: none"> • Ham (pork) with apples • Cheddar Mexican rice • Veggies meatball spaghetti • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Diced peach • Raw vegetables 	<p>Tuesday 19</p> <p>Main course</p> <ul style="list-style-type: none"> • Alfredo meatballs • Breakfast pancakes sandwich • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Graham cookie • Raw vegetables 	<p>Wednesday 20</p> <p>Main course</p> <ul style="list-style-type: none"> • Mini fish tacos with cheddar • Chicken breast rosée sauce • 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Yogurt (tube) • Raw vegetables 	<p>Thursday 21</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken Macaroni (Chinese style) • Classic braised beef • Braised 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Oat and date cookie • Raw vegetables 	<p>Friday 22</p> <p>Main course</p> <ul style="list-style-type: none"> • Scoo-bidou pasta au gratin, tomato sauce • Pizza-chicken sub • Vegetable and lentil 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 (-\$.25) <p>Desserts & Side Dishes</p> <ul style="list-style-type: none"> • Mixed fruit applesauce • Raw vegetables

<p>Monday 25</p> <p>Main course</p> <ul style="list-style-type: none"> • Cowboy chili lasagna • Chicken pesto salad (served cold) • Chop suey with 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"> • Cup of Mandarins • Raw vegetables 	<p>Tuesday 26</p> <p>Main course</p> <ul style="list-style-type: none"> • TEX-MEX Beef Rolled Pizza • Viva Italia Chicken Meatballs • 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"> • Fruit yogurt • Raw vegetables 	<p>Wednesday 27</p> <p>Main course</p> <ul style="list-style-type: none"> • Asian Chicken noodles • Big-fish nuggets • 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"> • Fresh fruit • Raw vegetables 	<p>Thursday 28</p> <p>Main course</p> <ul style="list-style-type: none"> • Chicken burger • Cheddar/broccoli omelet • Asian organic tofu noodles • 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>Friday 29</p> <p>Main course</p> <ul style="list-style-type: none"> • Plate of turkey sausages, mashed potato • Meatloaf Pizza style • 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"> • Mixed fruit applesauce • Raw vegetables
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