

# January 2025

<p>Monday 30</p>	<p>Tuesday 31</p>	<p>Wednesday 1</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</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 (-\$.025)</li> </ul> <p><b>Desserts &amp; Side Dishes</b></p>	<p>Thursday 2</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</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 (-\$.025)</li> </ul> <p><b>Desserts &amp; Side Dishes</b></p>	<p>Friday 3</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</li> <li>No service-Happy Holidays</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 (-\$.025)</li> </ul> <p><b>Desserts &amp; Side Dishes</b></p>
<p>Monday 6</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Old-fashioned meatpie (beef &amp; pork)</li> <li>Vegetarian quiche ( no pastry)</li> <li>Veggies meatballs</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 (-\$.025)</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>Tuesday 7</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Rotini with meat sauce</li> <li>BBQ chicken strips</li> <li>Lentil shepherd's pie</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 (-\$.025)</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>Wednesday 8</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Alfredo chicken pasta</li> <li>Mini fish tacos with cheddar</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 (-\$.025)</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>Thursday 9</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Hamburger steak, mashed potatoes</li> <li>Spanish chicken rice</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 (-\$.025)</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>Friday 10</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Broccoli macaroni and Cheese</li> <li>Turkey wrap and macaroni salad (served cold)</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 (-\$.025)</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>Monday 13</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Popcorn chicken</li> <li>The breakfast casserole</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 (-\$.025)</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>Tuesday 14</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Beef burritos</li> <li>Penne au gratin, rosée sauce</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 (-\$.025)</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>Wednesday 15</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Chicken à la king</li> <li>Haddock fillet bites</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 (-\$.025)</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>Thursday 16</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Spaghetti meatballs</li> <li>Maple Ham</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 (-\$.025)</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>Friday 17</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Chicken burger with cheese</li> <li>All Star sandwich (served cold)</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 (-\$.025)</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>Monday 20</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>BBQ meatballs</li> <li>Asian Chicken noodles</li> <li>Vegetarian couscous with Ali Baba flavors</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 (-\$.025)</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>Tuesday 21</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Chinese buffet Le Lunch</li> <li>GARFIELD'S Lasagna</li> <li>Mediterranean pilaf 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 (-\$.025)</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>Wednesday 22</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>Chicken and cheese rolled pizza</li> <li>Italian fish</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 (-\$.025)</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>Thursday 23</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 (-\$.025)</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>Friday 24</p> <p><b>Main course</b></p> <ul style="list-style-type: none"> <li>French toast, old-fashioned ham (pork) and baked beans</li> <li>Poulet-tine</li> <li>Oriental lentil pasta salad (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 (-\$.025)</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>

<b>Monday</b>	27	<b>Tuesday</b>	28	<b>Wednesday</b>	29	<b>Thursday</b>	30	<b>Friday</b>	31
<b>Main course</b> <ul style="list-style-type: none"> <li>• Chicken Nachos style</li> <li>• 3 cheese manicotti</li> <li>• Teriyaki tofu and veggie</li> <li>• Shepherd's pie (beef)</li> <li>• Lasagna au gratin</li> </ul>		<b>Main course</b> <ul style="list-style-type: none"> <li>• Beef chinese style</li> <li>• Indian-style chicken</li> <li>• Lentil tacos</li> <li>• Shepherd's pie (beef)</li> <li>• Lasagna au gratin</li> </ul>		<b>Main course</b> <ul style="list-style-type: none"> <li>• Hot chicken with green peas</li> <li>• Fish fricadelle</li> <li>• Vegetarian parmentier</li> <li>• Shepherd's pie (beef)</li> <li>• Lasagna au gratin</li> </ul>		<b>Main course</b> <ul style="list-style-type: none"> <li>• Tacos TEX MEX (beef)</li> <li>• General Tao chicken</li> <li>• Cacciatore tofu</li> <li>• Shepherd's pie (beef)</li> <li>• Lasagna au gratin</li> </ul>		<b>Main course</b> <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>	
<b>Beverages</b> <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>		<b>Beverages</b> <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>		<b>Beverages</b> <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>		<b>Beverages</b> <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>		<b>Beverages</b> <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>	
<b>Desserts &amp; Side Dishes</b> <ul style="list-style-type: none"> <li>• Fruit salad</li> <li>• Raw vegetables</li> </ul>		<b>Desserts &amp; Side Dishes</b> <ul style="list-style-type: none"> <li>• Yogurt (tube)</li> <li>• Raw vegetables</li> </ul>		<b>Desserts &amp; Side Dishes</b> <ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Raw vegetables</li> </ul>		<b>Desserts &amp; Side Dishes</b> <ul style="list-style-type: none"> <li>• Banana Muffin</li> <li>• Raw vegetables</li> </ul>		<b>Desserts &amp; Side Dishes</b> <ul style="list-style-type: none"> <li>• Mixed fruit applesauce</li> <li>• Raw vegetables</li> </ul>	