September 2026

Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	Main course • BBQ chicken breast • Beef Nachos style • Rotini primavera sauce with lentils • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Fruit yogurt • Raw vegetables	**Main course** • Hamburger steak, mashed potatoes • Fish fricadelle • Vegetarian parmentier • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Fresh fruit • Raw vegetables	**Main course** • Butter Chicken • Broccoli macaroni and Cheese • Butter tofu • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables	**Main course** • Three-cheese pizza, National Cheese Pizza Day • Ham (pork) with apples • 3 cheese manicotti • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Blueberry muffin • Raw vegetables
Monday 7	**Tuesday 8**	**Wednesday 9**	**Thursday 10**	**Friday 11**
Main course • ***NO SERVICE*** • ***NO SERVICE*** • ***NO SERVICE*** **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes**	**Main course** • Multigrain chicken bites, oven roasted potatoes • Beef and cheese cannelloni • Vegetarian Jambalaya • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Yogurt (tube) • Raw vegetables	**Main course** • Italian meatball sub • Italian chicken pasta salad (served cold) • Farfalle with rosée jardniere sauce • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables	**Main course** • General Tao chicken • Cheddar/brocoli omelet • General Tao tofu style • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Chocolate-banana muffin • Raw vegetables	**Main course** • Pizza-ghetti de la Casa Le Lunch • French toast, ham (pork) and baked beans • Lentil loaf • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Molasse cookie • Raw vegetables
Monday 14	**Tuesday 15**	**Wednesday 16**	**Thursday 17**	**Friday 18**
Main course • Chicken breast Teriyaki • Meatloaf Pizza style • Multigrain veggie chicken filet • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Lemon and poppy seed cookie • Raw vegetables	**Main course** • Breakfast pancakes sandwich • Penne, homemade meat sauce (beef) • Penne, gratinated tomato sauce • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Fruit yogurt • Raw vegetables	**Main course** • Poulet-tine Le Lunch • Big-fish nuggets • Moroccan-style vegetarian couscous • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Fresh fruit • Raw vegetables	**Main course** • Spaghetti meatballs • Wrap with turkey (served cold) • Nachos style vegetarian strip • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables	**Main course** • Cheeseburger (Beef) • Asian Chicken Rice • Cowboy's Veggie Macaroni • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Apple muffin • Raw vegetables
Monday 21	**Tuesday 22**	**Wednesday 23**	**Thursday 24**	**Friday 25**
Main course • Morning sandwich Le Lunch • Texan Chicken Strips • Texan-style veggie strips • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Oatmeal and blueberry galette • Raw vegetables	**Main course** • Delicious meatballs with salisbury sauce • Chicken Parmigiana served on pasta • Scoobi Doo pasta au gratin, tomate sauce • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Yogurt (tube) • Raw vegetables	**Main course** • Chicken and cheese rolled pizza • Multigrain breaded fish fillets, roasted potatoes • Tofu fried rice • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables	**Main course** • Crispy Chicken Tenders! Back to School Party! • BBQ chicken pizza fiesta! Back-to-school party! • Crispy Veggie Chicken Fillets! Back to School Party! • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • festive galette • Raw vegetables	**Main course** • Beef burritos • Chicken Caesar Pasta Salad (served cold) • Leguminous sweet bread • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Vegan granola bar • Raw vegetables

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
Main course • Popcorn chicken • Italian Polpette au gratin • Veggies Meatballs Pizza Style • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Oat and apple galette • Raw vegetables	**Main course** • Cheese macaroni De Luxe • Vegetarian quiche (no pastry) • Vegetarian strips • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Fruit yogurt • Raw vegetables	**Main course** • Maple and Dijon Chicken Strips • GARFIELD'S Lasagna • Tofu nachos style • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables		

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