October 2026

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
			Main course • Chicken Macaroni (Chinese style) • Lebanese Beef • 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** • Blueberry muffin • Raw vegetables	**Main course** • Mini Ravioli • Chicken Naan Sandwich (Cold Meal) • Veggie brunch • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Blueberry, cranberry, and white chocolate galette • Raw vegetables
Monday 5 **Main course** • Multigrain chicken bites, oven roasted potatoes • Rotini with meat sauce • Rotini with gratinéed tomato sauce • 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	**Tuesday 6** **Main course** • Tacos de carne Le Lunch • Mexican taco-style casserole • Vegetarian Tacos TEX MEX • 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	**Wednesday 7** **Main course** • Haddock fillet bites • Caesar chicken wrap (served cold) • Mediterranean style couscous, grilled tofu • 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	**Thursday 8** **Main course** • Shish Taouk Style Chicken • Alfredo meatballs with cheese • Linguine Alfredo and vegan 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	**Friday 9** **Main course** • Pizza-ghetti de la Casa Le Lunch • Ham (pork) with apples • Veggies meatball spaghetti • 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
Monday 12 **Main course** • ***NO SERVICE*** • ***NO SERVICE*** • ***NO SERVICE*** **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Raw vegetables	**Tuesday 13** **Main course** • Stew meatballs • BBQ strips • 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** • Fruit yogurt • Raw vegetables	**Wednesday 14** **Main course** • Crepe and sausage plate • Dijonnaise fish • Lentils bolognese fusilli • 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	**Thursday 15** **Main course** • Ham with pineapple • Tex-Mex Chicken Burrito Bowl • Tex-Mex Veggie Burrito Bowl • Shepherd's pie (beef) • Lasagna au gratin **Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25) **Desserts & Side Dishes** • Cranberry orange muffin • Raw vegetables	**Friday 16** **Main course** • Beef burger • Hawaiian Pasta Salad with Ham • 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** • Oat and raisin pancake • Raw vegetables
Monday 19 **Main course** • Swedish meatballs (beef) • Chicken, Apple and Maple Salad (Served cold) • Tofu Hot chicken style • 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	**Tuesday 20** **Main course** • Chicken escalope, garden-style rosé sauce • Beef Chow Mein • 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** • Yogurt (tube) • Raw vegetables	**Wednesday 21** **Main course** • Breakfast burrito Le Lunch • Fish fricadelle • Vegetable and lentil rice • 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	**Thursday 22** **Main course** • Ham (Pork) and apple breakfast • Chicken and apple stew • Vegetarian apple stew • 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	**Friday 23** **Main course** • Chicken burger • Cheddar Mexican rice • Chickpea veggie loaf with brocoli au gratin • 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

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Main course • Italian beef meatballs • Chicken Stroganoff • Veggies meatballs • Shepherd's pie (beef) • Lasagna au gratin	**Main course** • Chicken breast Teriyaki • Cheese macaroni De Luxe • Vegetable stripes teriyaki • Shepherd's pie (beef) • Lasagna au gratin	**Main course** • Mini fish tacos with cheddar • Breakfast pancakes sandwich • Tofu-Tine • Shepherd's pie (beef) • Lasagna au gratin	**Main course** • Chinese buffet Le Lunch • Cheese omelet, oven roasted potatoes • Lentil loaf • Shepherd's pie (beef) • Lasagna au gratin	**Main course** • Monstrous Jurassic Chicken Nuggets (Dinosaurs) • Halloween Special Shepherd's Pie (Beef) • Mummy's Fettuccine • Shepherd's pie (beef) • Lasagna au gratin
Beverages • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25)	**Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25)	**Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25)	**Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25)	**Beverages** • Milk 2% • 100% pure juice • Vegetable juice • Sans Breuvage (-$0.25)
Desserts & Side Dishes • Blueberry Cookie • Raw vegetables	**Desserts & Side Dishes** • Fruit yogurt • Raw vegetables	**Desserts & Side Dishes** • Mixed fruit applesauce • Raw vegetables	**Desserts & Side Dishes** • Carrot muffin • Raw vegetables	**Desserts & Side Dishes** • Halloween dessert • Raw vegetables

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