

# Lester-B.-Pearson School Board

## SCHOOL YEAR 2023-2024



Monday	Tuesday	Wednesday	Thursday	Friday
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### Week 1

Aug. 21 Feb. 19  
 Sept. 18 March 18  
 Oct. 16 April 15  
 Nov. 13 May 13  
 Dec. 11 June 10  
 Jan. 22

Chicken Vegetable Soup  <b>BBQ Beef Meatballs</b> Mashed Potatoes  <b>Brie &amp; Bell Pepper Frittata</b>  Peas & Carrots Garden Salad & Red Cabbage	Peas Soup  <b>Teriyaki Chicken</b>  <b>Fish Fillet au Gratin</b>  Seven Grains Blend Green Beans Creamy Coleslaw	Cream of Vegetable Soup  <b>Pork Souvlaki with Tzatziki Sauce</b> Lemon & Oregano Roasted Potatoes  <b>Mac &amp; Cheese</b>  Sauteed Zucchini Spinach & Carrot Salad	Farmer's Market Soup  <b>Thai Coconut Chicken Chili</b> Brown Rice  <b>Falafel Bowl</b>  Montego Vegetable Mix Spring Salad	Cream of Broccoli Soup  <b>Veal Parmigiana</b> Basmati Rice  <b>Bean Quesadilla &amp; Grilled Vegetable</b>  Edamame Caesar Salad
Cream of Mushroom Soup  <b>Chicken Alfredo Ziti</b>  <b>Vegetarian Chili</b> Seven Grains Blend  Broccoli Mexican Corn Salad	Minestrone Soup  <b>Pork Curry</b>  <b>Butter Tofu</b>  Basmati Rice Green Beans Garden Salad	Chicken Quinoa Soup  <b>Baked Lasagna</b>  <b>Vegetarian Strata</b>  Carrots Julienne Caesar Salad	French Onion Soup  <b>Homemade Chicken Bites with Spicy Mayonnaise</b>  <b>Individual Lentil Loaf with Herbed, Tomato Sauce</b>  Roasted Potatoes Diced Carrots & Edamame Traditional Coleslaw	Country-style Soup  <b>Italian Pita</b>  <b>Baked Seafood Rotini</b>  Buttered Peas Mediterranean Salad
Chicken & Vermicelli Soup  <b>Hamburger Steak</b>  <b>Crispy Fish Fillet with Tartar Sauce</b>  Baked Potato Wedges California-style Vegetable Mix Garden Salad	Lentil Soup  <b>Turkey Burger</b>  <b>Cauliflower &amp; Chickpea Tagine</b> Couscous  Montego Vegetable Mix Carrot & Raisin Salad	Cream of Chicken Soup  <b>Sweet &amp; Sour Pork</b> Parsley Egg Noodles  <b>Tortellini with Rosée Sauce</b>  Roasted Turnips Caesar Salad	Cream of Carrot Soup  <b>Homemade Sloppy joe on a Bun</b>  <b>Sunny Flatbread</b>  Baked Vegetable Coleslaw	Beef & Barley Soup  <b>General Tao Chicken</b>  <b>Moroccan Tofu</b>  Basmati Rice Carrots & Edamame Market Salad
Cream of Tomato Soup  <b>Portuguese Chicken</b> Jamaican Rice & Beans  <b>Vegetarian Burger</b>  Mexican-style Corn Garden Salad	Chicken & Noodle Soup  <b>Asian Chicken Drumstick</b> Steamed Rice  <b>Tex-mex Gratin</b>  Mixed Vegetable Asian Napa Slaw	Mexican-style Soup  <b>Spaghetti Bolognese with Lentils</b>  <b>Stir-fried Tofu with Vegetables</b> Rice Noodle  Bistro Vegetable Mix Caesar Salad	Butternut Squash Soup  <b>BBQ Chicken Pizza</b>  <b>Tuna Noodle Casserole</b>  Green Peas Market Salad	Oriental-style Soup  <b>Shepherd's Pie with Lentils</b>  <b>Italian Manicotti with Cheese &amp; Tomato Sauce</b>  Green Beans Spring Salad

### Week 2

Aug. 28 Feb. 26  
 Sept. 25 March 25  
 Oct. 23 April 22  
 Nov. 20 May 20  
 Dec. 18 June 17  
 Jan. 29

### Week 3

Sept. 04 Feb. 05  
 Oct. 02 March 04  
 Oct. 30 April 01  
 Nov. 27 April 29  
 Jan. 08 May 27

### Week 4

Sept. 11 Feb. 12  
 Oct. 09 March 11  
 Nov. 06 April 08  
 Dec. 04 May 06  
 Jan. 15 June 03

### Menu of the day price

included:  
 - Main course  
 - Milk  
 - Dessert

**\$ 4.63**

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