

# Lester B. Pearson School Board

School Year 2017-2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1<sup>st</sup> Week</b></p> <p>Aug. 28 Feb. 26                      Sept. 25 March 26                      Oct. 23 April 23                      Nov. 20 May 21                      Dec. 18 June 18                      Jan. 29</p>	Chicken and Vegetable soup <b>Swedish Meatballs</b> Egg Noodles PEI Mixed vegetables Grated Carrot Salad	Cream of Broccoli <b>Portuguese Fish Fillet</b> <b>Butter Chicken</b> Brown Rice Broccoli Florets Caesar Salad	Beef and Noodle Soup <b>Vegetarian Quesadilla</b> Vegetables and dip Green Salad with Red Cabbage	Minestrone Soup <b>Shepherd's Pie</b> Glazed carrots Beet salad	Cream of Vegetable <b>Tortellini Rosée Sauce</b> Paprika Cauliflower Spinach Salad
<p><b>2<sup>nd</sup> Week</b></p> <p>Sept. 4 Feb. 5                      Oct. 2 March 5                      Oct. 30 April 2                      Nov. 27 April 30                      Jan. 8 May 28</p>	Beef and Barley Soup <b>Chicken Fingers</b> Roasted Potatoes Edamame Coleslaw	Vegetable Soup <b>Meat Lasagna</b> Peas Caesar Salad	Cream of chicken <b>Homemade Pork Souvlaki</b> Brown Rice <b>Falafel on pita or Vegetarian Curry</b> Green beans Greek Salad	Butternut Squash Soup <b>Mac &amp; Cheese</b> Broccoli Florets Chef's Salad	Tomato & Noodle Soup <b>Chicken Pot Pie</b> <b>Crispy Fish Fillet</b> Barley Pilaf Oven roasted vegetables Lettuce & Carrot Salad
<p><b>3<sup>rd</sup> Week</b></p> <p>Sept. 11 Feb. 12                      Oct. 9 March 12                      Nov. 6 April 9                      Dec. 4 May 7                      Jan. 15 June 4</p>	Chicken and Noodle Soup <b>Salisbury Steak</b> Mashed Potatoes Carrots & Peas Garden Salad	Cream of Carrot Soup <b>Chili sin Carne</b> Tortilla chips Sunrise Mixed Vegetables Caesar Salad	Lentil Soup <b>Tex Mex Gratin</b> <b>Fish Tacos</b> Green & Yellow Beans Spinach Salad	Potato and Leek Soup <b>Asian Style Plate</b> (Chicken Drumsticks, chinese macaroni) Sliced Carrots Oriental Salad	Beef and Vegetable Soup <b>Homemade Turkey Burger</b> Potato Wedges Corn & Red Peppers Coleslaw
<p><b>4<sup>th</sup> Week</b></p> <p>Sept. 18 Feb. 19                      Oct. 16 March 19                      Nov. 13 April 16                      Dec. 11 May 14                      Jan. 22 June 11</p>	Cream of Mushroom Soup <b>Pork Dijonnaise Casserole</b> Rice & Quinoa Green Beans Lettuce & Red Cabbage	Country-Style Soup <b>Spaghetti and Meat Sauce</b> Glazed Carrots Caesar Salad	Split-Pea Soup <b>Turkey Vol-au-vent</b> <b>Fish &amp; Spinach Pinwheel</b> Rice vermicelli Oven Roasted Zucchini Chef's salad	Tomato & Quinoa Soup <b>Thai Chicken or Honey Mustard</b> Rice Sunrise Mixed Vegetables Green Salad with Carrots	Chicken & Rice Soup <b>Italian Ziti</b> <b>Feta, Pesto and Grilled Vegetables Flat Bread</b> or <b>Lentil &amp; Sweet Potato Dahl</b> Peas & Carrots Italian salad

**A complete «Meal Deal» for only \$3.95**

This menu and all items served in the LBPSB cafeterias comply with the LBPSB Food & Nutrition Policy. [foodservice.lbpsb.qc.ca](http://foodservice.lbpsb.qc.ca)

**Chartwells School Dining online**

To access the menu, price list and information about Caf Cards, please visit

<http://www.mycafzone.com>

User name and password are found on your school website.

All main entrees are served with the recommended portion of vegetables. Any serving of hot vegetables may be replaced with a salad or raw vegetables. Menus are subject to change according to the season and product availability. Students with dietary constraints are responsible for inquiring about the ingredients of all meals. Please consult your cafeteria manager for additional information.