

Lester B. Pearson School Board

School Year 2017-2018



Monday

Tuesday

Wednesday

Thursday

Friday

1st Week

Aug. 28 Feb. 26
 Sept. 25 March 26
 Oct. 23 April 23
 Nov. 20 May 21
 Dec. 18 June 18
 Jan. 29

2nd Week

Sept. 4 Feb. 5
 Oct. 2 March 5
 Oct. 30 April 2
 Nov. 27 April 30
 Jan. 8 May 28

3rd Week

Sept. 11 Feb. 12
 Oct. 9 March 12
 Nov. 6 April 9
 Dec. 4 May 7
 Jan. 15 June 4

4th Week

Sept. 18 Feb. 19
 Oct. 16 March 19
 Nov. 13 April 16
 Dec. 11 May 14
 Jan. 22 June 11

Chicken and Vegetable soup Swedish Meatballs Chimichurri Fish Fillet or Portuguese Fish Fillet Egg Noodles PEI Mixed vegetables Grated Carrot Salad	Cream of Broccoli Farfalle di casa Butter Chicken Brown Rice Broccoli Florets Caesar Salad	Beef and Noodle Soup Turkey Vol-au-vent Vegetarian Quesadillas Vegetables and dip Green Salad with Red Cabbage	Minestrone Soup Shepherd's Pie Ham & Cheese Crepes Glazed carrots Beet salad	Cream of Vegetable General Tao Chicken Basmati rice Tortellini Rosée Sauce Cauliflower & Paprika Spinach Salad
Beef and Barley Soup Chicken Fingers Roasted Potatoes Mac and Cheese Edamame Coleslaw	Vegetable Soup Meat Lasagna Hot Chicken Sandwich Peas Caesar Salad	Cream of chicken Homemade Pork Souvlaki Crispy Fish Fillet Brown Rice Green beans Greek Salad	Butternut Squash Soup Meatloaf with Gravy Mashed Potatoes Vegetarian Curry or Falafel on pita Broccoli Florets Chef's Salad	Tomato & Noodle Soup Chicken Pot Pie Beef and Vegetable Stew Barley Pilaf Oven roasted vegetables Lettuce & Carrot Salad
Chicken and Noodle Soup Salisbury Steak Mashed Potatoes Spinach and feta Quiche Carrots & Peas Garden Salad	Cream of Carrots Italian Ziti Homemade Turkey Burger Sunrise Mixed Vegetables Caesar Salad	Lentil Soup Tex Mex Gratin Fish Tacos Green & Yellow Beans Spinach Salad	Potato and Leek Soup Asian Style Plate (Chicken Drumsticks +chinese macaroni) Sweet & Sour Meatballs Rice & Quinoa Sliced Carrots Oriental Salad	Beef and Vegetable Soup Homemade Chicken Bites with spicy mayo Potato Wedges Chili sin Carne Tortilla chips Corn & Red Peppers Coleslaw
Cream of Mushroom BBQ Chicken Leg Pasta Salad Seafood Linguine or Fish & Spinach Pinwheel Rice Green Beans Lettuce & Red Cabbage	Country-Style Soup Spaghetti and Meat Sauce Lentil & Sweet Potato Dahl Glazed Carrots Caesar Salad	Split-Pea Soup Turkey Coconut Stew Sautéed Tempeh & Ginger Rice vermicelli Oven Roasted Zucchini Chef's salad	Tomato & Quinoa Soup Thai Chicken or Honey Mustard Pork Dijonnaise Casserole Brown rice Sunrise Mixed Vegetables Green Salad with Carrots	Chicken & Rice Soup Veal Parmigiana Herbed Pasta Feta, Pesto and Grilled Vegetables Flat Bread 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://www.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: (Name of school)
 Password: cafeteria

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.