

# Lester B. Pearson School Board

School Year 2018-2019



	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1<sup>st</sup> Week</b></p> <p>Aug. 27 Feb. 25                      Sept. 24 March 25                      Oct. 22 April 22                      Nov. 19 May 20                      Dec. 17 June 17                      Jan. 28</p>	Cream of mushroom soup  <b>Chicken Enchiladas</b>  <b>Brie &amp; Pepper Frittata OR Italian Frittata</b> Diced roasted potatoes  Green salad & red cabbage Kernel corn	Onion soup  <b>Lasagna with Meat Sauce</b>  <b>Honey Garlic Chicken Drumsticks</b> Brown rice  Caesar salad Lemon and pepper broccoli florets	Chicken noodle soup  <b>Shepherd's Pie</b>  <b>Crispy Fish Fillet with Mango salsa</b> Couscous  Chef's salad Green beans	Farmer's market soup  <b>Rigatoni with Spinach &amp; Italian sausage</b>  <b>Beef Bourguignon or Beef Stroganoff</b> Pilaf barley  Garden salad Julienne of yellow carrots	<b>Cream of broccoli</b>  <b>Tennessee Turkey burger</b>  <b>Pad Thai with tofu</b>  Potato wedges Spinach salad Prince Edward mixed vegetables
<p><b>2<sup>nd</sup> Week</b></p> <p>Sept. 3 Feb. 4                      Oct. 1<sup>st</sup> March 4                      Oct. 29 April 1<sup>st</sup>                      Nov. 26 April 29                      Jan. 7 May 27</p>	Vegetqable soup  <b>BBQ Meatballs</b> Egg noodles with parsley  <b>Sunshine flat bread</b> (egg, cheese, ham, hollandaise sauce)  Raw vegetables and dip Bean Duo	Lentil soup  <b>Tortellini with Rosée sauce</b>  <b>Shish Taouk plate</b>  Fattouche salad Montego vegetables	Oriental soup  <b>Teriyaki Chicken</b> Rice vermicelli  <b>Black beans Quesadillas</b>  Carrot salad Cauliflower with paprika	Garden vegetable soup  <b>Beef and Tomato pasta</b>  <b>Salmon Pie with Dill sauce</b>  Caesar salad Diced butternut squash	Country-style soup  <b>Butter Chicken</b>  <b>Vegetarian Sausage Casserole OR Rainbow rice &amp; beans</b>  Basmati rice Vegetable salad Green peas
<p><b>3<sup>rd</sup> Week</b></p> <p>Sept. 10 Feb. 11                      Oct. 8 March 11                      Nov. 5 April 8                      Dec. 3 May 6                      Jan. 14 June 3</p>	Chicken vermicelli soup  <b>Salisbury Steak</b>  <b>Coquille St-Jacques or Seafood Calzone</b>  Mashed potatoes Baked zucchini Coleslaw	Vegetable soup  <b>Spaghetti with Bolognese sauce/vegetarian</b>  <b>Stir-fried Pork in Hoisin sauce</b> Quinoa  Caesar salad Green beans	Cream of carrot soup  <b>General Tao Chicken</b> Cantonese noodles  <b>Vegetarian Burger</b>  Oriental salad Broccoli, orange sauce	Minestrone soup  <b>Glazed Meatloaf</b>  <b>Coconut Turkey stew</b>  Rice with herbs Spinach salad & radish Corn & red pepper	Beef & barley soup  <b>Pesto Chicken penne</b>  <b>Falafels</b>  Grilled vegetables Mediterranean salad
<p><b>4<sup>th</sup> Week</b></p> <p>Sept. 17 Feb. 18                      Oct. 15 March 18                      Nov. 12 April 15                      Dec. 10 May 13                      Jan. 21 June 10</p>	Cream of squash soup  <b>Hot Chicken Sandwich</b> Mashed potatoes  <b>Sin Carne Tex-mex au gratin OR Lentil and Sweet potato Dahl</b>  Market salad Green peas	Tomato and rice soup  <b>Mac &amp; Cheese</b>  <b>Beef Pie</b>  Caesar salad Edamames and yellow carrots	Potage Du Barry  <b>Homemade Pork Souvlaki</b> Pita bread and brown rice  <b>Turkey Chili</b> Tortilla chips  Mesclun salad Montego vegetables	Pea soup  <b>Crispy Chicken bites</b> Potato wedges  <b>Beef &amp; Tomato creamy Farfalles</b>  Chef's salad Herb sliced carrots	Chicken & quinoa soup  <b>Veal Parmesan</b> Parsleyed pasta  <b>Fish Tacos</b>  Italian salad Bean Duo

**A complete «Meal Deal» for only \$4.03**

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

[WWW.MYCAFZONE.COM](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.