

# Lester B. Pearson School Board

School Year  
2019 - 2020



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Week 1

Aug. 26 Feb. 24  
Sept. 23 March 23  
Oct. 21 April 20  
Nov. 18 May 18  
Dec. 16 June 15  
Jan. 27

Cream of mushroom soup  
**Chicken Enchiladas**  
**Feta and Spinach Frittata**  
Quinoa  
Green Salad & Red Cabbage  
Corn

Onion soup  
**Lasagna with Meat sauce**  
**Tandoori Chicken Drumsticks**  
Brown rice  
Caesar Salad  
Lemon and Pepper  
Broccoli

Chicken noodle soup  
**Shepherd's Pie**  
**Crispy Fish Fillet with Mango salsa**  
Couscous  
Chef's Salad  
Green Beans

Farmer's market soup  
**Rigatoni with Spinach & Italian Sausage**  
**Beef Bourguignon**  
Barley Pilaf  
Garden Salad  
Mixed Carrots

Cream of broccoli  
**Tennessee Turkey burger**  
**Vegetable Tofu and Lentil Curry**  
Potato Wedges  
Spinach Salad  
PEI Vegetables

### Week 2

Sept. 2 March 2  
Sept. 30 March 30  
Oct. 28 April 27  
Nov. 25 May 25  
Jan. 6 June 22  
Feb. 3

Vegetable soup  
**BBQ Meatballs**  
Egg noodles with parsley  
**Sunshine Flat bread**  
**Grilled Vegetables and Tofu**  
Green Salad  
Yellow Carrots

Lentil soup  
**Tortellini with Rosé sauce**  
**Shish Taouk Pita Plate**  
Fattouche Salad  
Montego Vegetables

Oriental soup  
**General Tao Chicken or Chicken Teriyaki**  
Cantonese noodles  
**Black Beans Quesadillas**  
Oriental Coleslaw  
Cauliflower with paprika

Garden vegetable soup  
**Beef and tomato pasta**  
**Fish Fillet Greek style**  
Caesar Salad  
Wild Rice blend  
Mashed or Roasted  
Butternut Squash

Country-style soup  
**Butter Chicken**  
**Jerk Tofu or Pork**  
Basmati Rice  
Garden Salad  
Green peas

### Week 3

Sept. 9 Feb. 10  
Oct. 7 March 9  
Nov. 4 April 6  
Dec. 2 May 4  
Jan. 13 June 1<sup>st</sup>

Chicken Vermicelli Soup  
**Salisbury steak**  
**Coquille St-Jacques**  
**Or Chimichurri Fish**  
Roasted potato wedges  
Spinach Salad  
Sunrise Vegetables

Vegetable Soup  
**Spaghetti with Bolognese sauce /vegetarian**  
**Stir-fried Pork in Hoisin sauce**  
Quinoa  
Caesar Salad  
Green Beans

Cream of Carrot Soup  
**Chicken Pot Pie**  
**Vegetarian Burger**  
Mashed Potatoes  
Homemade Coleslaw  
Broccoli

Minestrone soup  
**Meatloaf with gravy**  
Mashed potatoes  
**Coconut Chicken Stew**  
Rice with Herbs  
Spinach Salad  
Carrots

Beef & Barley Soup  
**Pesto Chicken Penne**  
**Falafels with Pita**  
Mixed Vegetables  
Mediterranean Salad

### Week 4

Sept. 16 Feb. 17  
Oct. 14 March 16  
Nov. 11 April 13  
Dec. 9 May 11  
Jan. 20 June 8

Cream of Squash Soup  
**Hot Chicken Sandwich**  
Mashed potatoes  
**Sin Carne Tex Mex au gratin**  
**OR Lentil and Sweet Potato Dahl**  
Market salad  
Green peas

Tomato and Rice Soup  
**Mac & Cheese**  
**Sloppy Joe**  
Caesar Salad  
Edamame and  
Yellow Carrots

Potage Du Barry  
**Homemade Pork Souvlaki**  
Pita bread and brown rice  
**Turkey Chili**  
**Or Vegetarian Chili**  
**Tortilla Chips**  
Mesclun Salad  
Montego Vegetables

Pea Soup  
**Crispy Chicken Bites**  
Potato wedges  
**Beef Pie**  
Chef Salad  
Coleslaw

Chicken & Quinoa Soup  
**Veal Parmesan**  
Garlic Butter Pasta  
**Fish Tacos**  
Mixed Greens Salad  
Bean Duo

**A complete  
«Meal Deal»  
for only  
\$4.13**

**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 in your Fusion account under cafeteria.

Vegetarian options are noted in green

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.