

Lester-B.-Pearson School Board

SCHOOL YEAR 2022-2023



Week 1

Aug. 22 Feb. 20
 Sept. 19 March 20
 Oct. 17 April 17
 Nov. 14 May 15
 Dec. 12 June 12
 Jan. 23

Week 2

Aug. 29 Feb. 27
 Sept. 26 March 27
 Oct. 24 April 24
 Nov. 21 May 22
 Dec. 19 June 19
 Jan. 30

Week 3

Sept. 05 Feb. 06
 Oct. 03 March 06
 Oct. 31 April 03
 Nov. 28 May 01
 Jan. 09 May 29

Week 4

Sept. 12 Feb. 13
 Oct. 10 March 13
 Nov. 07 April 10
 Dec. 05 May 08
 Jan. 16 June 05

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and Vegetable Soup Salisbury Steak with Lyonnaise Sauce Californian Omelet Herbed Mashed Potatoes Peas and Carrots Garden Salad	Pea Soup Turkey Burger <i>(lettuce, tomato and spicy mayo)</i> Crispy Fish Fillet Multi-grain Rice Green Beans Coleslaw	Cream of Vegetable Soup Sweet and Sour Pork Egg Noodles Spinach and Ricotta Cannelloni Grilled Zucchini Cesar Salad	Farmer's Market Soup Chicken Chow Mein Rice Vermicelli Cheese Tortellini with Rosé Sauce Wax Beans Spring Salad	Cream of Broccoli Soup Veal Axoa Sauteed Tofu with Ginger Basmati Rice Mixed Vegetables Spinach and Carrot Salad
Cream of Mushroom Soup Roasted Chicken with Marinara Sauce and Mozzarella Cheese Fusilli with Herbs Couscous with Vegetable and Chickpeas Grilled Cauliflower Market Salad	Minestrone Soup Pork Souvlaki, Tzatziki Sauce Tofu Stroganoff Rice with Herbs Bistro Mixed Vegetables Mexican Green Salad	Onion Soup Spaghetti with Meat Sauce and Lentils Potato and Broccoli Frittata Mixed Beans Caesar Salad	Tomato and Quinoa Soup General Tao Chicken Rice Vermicelli Vegan Sweet Potato Shepherd's Pie Edamame and Diced Carrots Oriental Coleslaw	Country-style Soup Italian Pita Asian Glazed Salmon Roasted Baby Potatoes Mixed Beans Mediterranean Salad
Chicken and Vermicelli Soup Swedish Meatballs Bruschetta Fish Filet Egg Noodles California-style Vegetable Mix Chef Salad	Lentil Soup Teriyaki Chicken Black Bean and Sweet Potato Chili Rice with Herbs Baked Vegetables Carrot Salad	Cream of Chicken Soup Sloppy Joe Mac and Cheese Broccoli Florets Caesar Salad	Carrot Soup Beef with Vegetables Egg Noodles Sunshine Flat Bread Spinach, Onion, and Mandarin Salad	Beef and Barley Soup Homemade Chicken Bites and Spicy Mayonnaise Indian Red Lentil Dahl Edamame and Diced Carrots Basmati Rice Coleslaw
Cream of Tomato Soup Jerk Chicken Leg Jamaican Rice Grilled Vegetable and Bean Quesadillas Corn and Red Pepper Green Garden Salad	Chicken and Noodle Soup Singapore Noodles Falafel Pita Mixed Vegetables Asian Salad	Vegetable Soup Lasagna with Meat and Lentils Sauce Mexican Rice and Bean Casserole Green Beans Caesar Salad	Cream of Squash Soup Parmesan Chicken Basmati Rice Fish Tacos Broccoli and Cauliflower Market Salad	Oriental Soup Shepherd's Pie Vegan Chicken Piccata Herbed Mashed Potatoes Bistro Mixed Vegetables Spring Salad

Menu of the day

includes:

- Main course
- Milk
- and dessert

\$4.65

Purchase a "Zipthru card" for an easy way to make purchases in the cafeteria!

Visit it
www.Chartwellsk12.ca
 for more information.



Your child can use cash or their Zipthru card or



Vegetarian options are noted in green.

Menus are subject to change according to the season and the product availability.