



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2024 -2025 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for
January 6 to April 4, 2025*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Entree	HOLIDAY BREAK				
Short Order					
	January 6	January 7	January 8	January 9	January 10
Lunch Entree	Cheese Tortellini in Rosée Sauce Whole Green/Yellow Beans	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Golden Garden Vegetables	Beef Macaroni Stir-Fry Whole Green/Yellow Beans	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Rigatoni (Beef) Mixed Vegetables
Short Order	Chicken Chipotle Wrap Lettuce and Tomato	Vegetarian Quesadilla Gourmet Salad	Mexican Turkey Wrap Mixed Salad	Italian Meatball Roll Mixed Green Salad	Western Chipotle Pizza Salad
	January 10	January 11	January 12	January 13	January 14
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Cheese Manicotti In Tomato Sauce Garden Style vegetables	Shepherd`s Pie Gravy Pick Of The Day Vegetables	Zesty Chicken Platter Seasoned Rice with Carrots Sunrise Vegetables	Butter Chicken Basmati Rice Peas
Short Order	Meatless Chili Wrap Salad	Chicken Quesadilla with Salsa Crudités & Dip	Fish and Dip Salad	BBQ Rib Burger Baby Carrots	Chicken Caesar Pizza Gourmet Salad

	January 20	January 21	January 22	January 23	January 24
Lunch Entree	Tomato Meatball Pasta Cocktail Vegetables	Korean Sesame Beef Basmati Rice Whole Green/Yellow Beans	Macaroni and Cheese Broccoli	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Pork/Turkey Sandwich Gourmet Salad	Mixed Deli Sandwich Salad	Three Cheese Pizza Salad
	January 27	January 28	January 29	January 30	January 31
Lunch Entree	Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Citrus Herb Cod Seasoned Egg Noodles Mixed Vegetables	Brunch for Lunch Pancake, Chicken Sausages Scrambled Eggs, Potato Wedges	Lasagna (Beef) Garden Vegetables	Beef Stew Seasoned Egg Noodles Mixed Vegetables - Pot-au-feu
Short Order	Cheeseburger & Santa Fe Burger Mixed Green Salad	Chicken Souvlaki Pita Salad	Veggie Burger Carrot Slaw	Chicken Chipotle Wrap Salad	Western Chipotle Pizza Lettuce and Tomato
	February 3	February 4	February 5	February 6	February 7
Lunch Entree	Chicken Pad Thai Edamame Cabbage Salad	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables	Cheese Tortellini In Rosée Sauce Cocktail Vegetables	Shepherd's Pie Crinkled Carrots	Alfredo Ziti Al Forno (Chicken) Whole Green/Yellow Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Taco Bowl Corn	BBQ Grilled Chicken Sub Coleslaw	Vegetarian Quesadilla Gourmet Salad	Mexican Pizza Salad
	February 10	February 11	February 12	February 13	February 14
Lunch Entree	Salisbury Steak Gravy Mashed Potatoes, Peas	Butter Chicken Basmati Rice Mixed Vegetables	Cheese Manicotti in Tomato Sauce Sunrise Vegetables	Vegetarian Lasagna (with Soya) Garden Style Vegetables	Mexican Rice Corn
Short Order	Chicken Quesadilla with Salsa Baby Carrots	Philly Steak Sub Mixed Green Salad	Tex-Mex Turkey Burger Coleslaw	Hamburger Salad	Vegetable Pizza Gourmet Salad

	February 17	February 18	February 19	February 20	February 21
Lunch Entree	Vegetarian Quiche Pick of the Day Vegetables	Macaroni and Cheese Broccoli	Korean Sesame Beef Basmati Rice Whole Green/Yellow beans	Crispy Coated Chicken Leg Mashed Potatoes Sunrise Vegetables	Florentine Pasta (Beef) Crinkled Carrots
Short Order	Multigrain Chicken Burger Crudit� & Dip	Mixed Deli Sandwich Gourmet Salad	Chicken Souvlaki Pita Mixed Green Salad	BBQ Rib Burger Salad	Three Cheese Pizza Coleslaw
	February 24	February 25	February 26	February 27	February 28
Lunch Entree	Fish Filet Lemon & Herb Seasoned Egg Noodles Mixed Greens	Chicken Fried Rice Cocktail Vegetables	Tomato Meatball Pasta (Beef) Pick of the Day Vegetables	Shepherd Pie Sunrise Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Dumpling (Chicken) Edamame Cabbage Salad	Hamburger Corn Salad	Chef's Choice	Chicken Fajita With Salsa Salad	Chicken Caesar Pizza Gourmet Salad
	March 3	March 4	March 5	March 6	March 7
SPRING BREAK					
	March 10	March 11	March 12	March 13	March 14
Lunch Entree	Cheese Tortellini in Ros�e Sauce Whole Green/Yellow Beans	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Golden Garden Vegetables	Beef Macaroni Stir-Fry Whole Green/Yellow Beans	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Rigatoni (Beef) Mixed Vegetables
Short Order	Chicken Chipotle Wrap Lettuce and Tomato	Vegetarian Quesadilla Gourmet Salad	Mexican Turkey Wrap Mixed Salad	Italian Meatball Roll Mixed Green Salad	Western Chipotle Pizza Salad

	March 17	March 18	March 19	March 20	March 21
Lunch Entree	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Cheese Manicotti In Tomato Sauce Garden Style vegetables	Shepherd`s Pie Gravy Pick Of The Day Vegetables	Zesty Chicken Platter Seasoned Rice with Carrots Sunrise Vegetables	Butter Chicken Basmati Rice Peas
Short Order	Meatless Chili Wrap Salad	Chicken Quesadilla with Salsa Crudité`s & Dip	Fish and Dip Salad	BBQ Rib Burger Baby Carrots	Chicken Caesar Pizza Gourmet Salad
	March 24	March 25	March 26	March 27	March 28
Lunch Entree	Tomato Meatball Pasta Cocktail Vegetables	Korean Sesame Beef Basmati Rice Whole Green/Yellow Beans	Macaroni and Cheese Broccoli	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Pork/Turkey Sandwich Gourmet Salad	Mixed Deli Sandwich Salad	Three Cheese Pizza Salad
	March 31	April 1	April 2	April 3	April 4
Lunch Entree	Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Citrus Herb Cod Seasoned Egg Noodles Mixed Vegetables	Chef`s Choice	Lasagna (Beef) Garden Vegetables	Beef Stew Seasoned Egg Noodles Mixed Vegetables - Pot-au-feu
Short Order	Cheeseburger & Santa Fe Burger Mixed Green Salad	Chicken Souvlaki Pita Salad	Beef and Cheese Panini (Beef) Carrot Slaw	Chicken Chipotle Wrap Salad	Western Chipotle Pizza Lettuce and Tomato

Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)

Menu is subject to change according to season, special occasions and product availability.