



**1st Week**

Aug. 31 Feb. 1<sup>st</sup>  
Sept. 28 March 7  
Oct. 26 April 4  
Nov. 23 May 2  
Jan. 4 May 30

**2nd Week**

Sept. 7 Feb. 8  
Oct. 5 March 14  
Nov. 2 April 11  
Nov. 30 May 9  
Jan. 11 June 6

**3rd Week**

Sept. 14 Feb. 15  
Oct. 12 March 21  
Nov. 9 April 18  
Dec. 7 May 16  
Jan. 18 June 13

**4th Week**

Sept. 21 Feb. 22  
Oct. 19 March 28  
Nov. 16 April 25  
Dec. 14 May 23  
Jan. 25 June 20

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Chicken, carrot and noodle soup  <b>Swedish meatballs</b> Egg noodles  <b>Tuna noodle casserole</b>  Bean duo Chef salad	Cream of broccoli <b>Garden vegetable au gratin</b>  <b>Chili con carne</b> Crispy tortillas  Spinach salad Corn	Beef and barley soup <b>BBQ Turkey drumsticks</b> Mashed potatoes <b>Thai pork and noodles</b>  Garden salad Sliced carrots with herbs	Country style soup <b>Shepherd's pie</b>  <b>Mac &amp; Cheese</b>  Caesar salad Bistro mixed vegetables	Cream of vegetables <b>General Tao</b> Brown rice  <b>Croque-monsieur with ham</b>  Green beans Creamy coleslaw
Chicken and brown rice soup  <b>Bifteck, Lyonnaise sauce</b> Mashed potatoes  <b>Omelet pizza</b>  Green salad with red cabbage Broccoli florets	Cream of zucchini and dill <b>Butter chicken</b> Multigrain rice with herbs <b>Fusilli, curly kale, Italian sausage and tomatoes</b>  Parsleyed cauliflower Garden salad	Potage Crécy <b>Thai chicken</b> Rice vermicelli <b>Homemade fish sticks, with tartar sauce</b> Seasoned potatoes  Chef Salad Fusion Mixed vegetables	Lentil soup <b>Tortellini, sauce rosée</b>  <b>Beef Stroganoff</b> Egg noodles  Caesar salad Green beans	Cream of spinach <b>Parmesan veal</b> Pasta with parsley <b>Chicken fried rice</b>  Green salad with dried cranberries Green peas and carrots
Beef and vegetable soup <b>Chicken fingers</b> Mashed potatoes <b>Vegetarian wrap, honey and garlic sauce</b>  Raw vegetables Market salad	Cream of chicken and curry <b>Penne pizza</b> <b>Dijonnaise pork casserole</b> Barley pilaf  Mediterranean salad Bean duo	Tomato and quinoa soup <b>Spicy beef on potatoes</b> <b>Salmon burger</b>  Green salad and spinach Oven baked mixed vegetables	Cream of vegetables <b>Spaghetti with meat sauce</b>  <b>Honey mustard chicken breast</b> with parsleyed pasta  Caesar salad Glazed carrots	Minestrone soup <b>Teriyaki chicken drumsticks</b> Rice vermicelli <b>Mushroom quiche</b>  Oriental salad Broccoli florets
Vegetable soup <b>Chicken pot pie</b> <b>Crusted pollock fillet</b> Brown rice  Green peas Creamy coleslaw	Cabbage soup <b>Tex-mex meatloaf</b> Mashed potatoes <b>Fusilli chicken and feta</b>  Market salad Sliced carrots	Butternut squash soup <b>Meat lasagna</b> <b>Vegetable casserole with chickpeas</b> Quinoa  Broccoli florets Caesar salad	Chicken and noodle soup <b>Spicy vegetarian pizza</b>  <b>Pork souvlaki on pita</b>  Corn kernels Italian salad	Cream of potato and leek <b>BBQ chicken bites</b> Potato wedges  <b>Beef curry</b> Rice vermicelli  Grated carrot salad Fusion mixed vegetables

**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://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.

This menu and recipes have been approved by: Joëlle Michaud, Dt.P. Member # 4386  
*Joëlle Michaud, Dt.P.*

**Année scolaire  
2015-2016**

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.

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