





SIR-WILFRID-LAURIER SCHOOL BOARD


INCLUDED IN COMPLETE MEAL



Soup, chef's plate, vegetable or salad, side (potato or whole grain cereals),
choice of desserts : fruit-based, milk-based or baked dessert (preferably with whole grain cereals ●) milk, bottled water or 100 % pure juice.


COMPLETE MEAL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato and noodle soup	Cream of squash	Beef and vegetable soup	Chicken and brown rice soup ●	Cream of vegetables
CHEF'S PLATE	1 Garnished chicken fajita ●	Baked lasagna	Tortellini with rosée sauce	Meat loaf "cheeseburger style"	Chinese macaroni ●
	2 MEATLESS MONDAY Rigatoni primavera	 Asian-glazed turkey patty	I DARE! Homemade coconut-crust fish sticks with spicy dressing	Chicken and broccoli pennini	Indian-style chicken
DAILY CREATIVE SANDWICH	MONDAY BURGER (beef)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
DATE	Weeks beginning on September 4, October 9, November 13 and December 18, 2017; February 5, March 19, April 23 and May 28, 2018.				



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable and quinoa soup ●	Cream of tomato	Market vegetable soup	Vegetable soup	Cream of broccoli
CHEF'S PLATE	1 Hamburger steak with sauce and cheese curds	 Homemade cereal-coated turkey nuggets with BBQ sauce	WHY NOT! Pretzel-crust fish	Manicotti with tomato sauce	Fusilli with meat sauce
	2 MEATLESS MONDAY Penne with veggie sauce	Beef ravioli with green vegetable sauce	 Italian-style veal meatballs	 Veal Parmentier au gratin	I DARE! Greek-style marinated turkey cutlet
DAILY CREATIVE SANDWICH	MONDAY BURGER (pork)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
DATE	Weeks beginning on September 11, October 16 and November 20, 2017; January 8, February 12, March 26 and April 30, 2018.				

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Beef, vegetable and barley soup ●	Carrot and ginger soup	Chicken and noodle soup	Farmer's vegetable soup	Cream of vegetables
CHEF'S PLATE	1 MEATLESS MONDAY Vegetable lasagna	Spaghetti with meat sauce	Soft beef tacos	Cannelloni	Macaroni with meat sauce
	2 Turkey sausage with sauce	I DARE! Honey-curry chicken	Pasta with veggie sauce	 Pork cutlet with pepper sauce	BBQ chicken
DAILY CREATIVE SANDWICH	MONDAY BURGER (pork)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
DATE	Weeks beginning on September 18, October 23 and November 27, 2017; January 15, February 19, April 2 and May 7, 2018.				

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone bean soup	Spicy chicken and brown rice soup ●	Carrot and sweet potato soup	THEMATIC A thematic menu, from soup to dessert, is offered every month	Cream of green vegetables
CHEF'S PLATE	1 Chicken with Tao sauce	Spaghetti with meat sauce	Cheese and spinach cannelloni		 Swedish-style veal meatballs
	2 MEATLESS MONDAY Cheese tortellini with tomato sauce	 Pork fajita ●	Fish italiano		Bow tie pasta with chicken sauce
DAILY CREATIVE SANDWICH	MONDAY BURGER (beef)	Half sandwich club	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
DATE	Weeks beginning on September 25, October 30 and December 4, 2017; January 22, February 26, April 9 and May 14, 2018.				

WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Market soup	Beef, vegetable and multigrain rice soup ●	Cream of vegetables	Cream of celery	Chicken and noodle soup
CHEF'S PLATE	1 Hamburger steak	Penne with turkey sausage	 Pork with hoisin sauce	Tortellini with rosée sauce	Spaghetti with meat sauce
	2 MEATLESS MONDAY Macaroni and cheese	Panko-crust fish	Italian-style pita	Thai chicken	Chinese chicken fried rice ●
DAILY CREATIVE SANDWICH	MONDAY BURGER (turkey)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
DATE	Weeks beginning on October 2, November 6 and December 11, 2017; January 29, March 12, April 16 and May 21, 2018.				

À LA CARTE

	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
	NRG Express meals are served with crudités or salad and are offered in single plate or trio.
	Selection of 3 hot paninis (beef, chicken or pork) every day.

● Whole grain product

SIR-WILFRID-LAURIER SCHOOL BOARD - 3222 Tel. : (450) 680-1180	10 meals (3 items)	\$50.00 (\$5.00 / meal)		Total value of \$50.00 (\$5.00 / meal)
	10 meals (4 items)	\$50.00 (\$5.00 / meal)	Save : \$3,00	Total value of \$53.00 (\$5.30 / meal)
	Make your cheque payable to ARAMARK and give it to your school's Food Service Manager.			

