








COMPLETE MEAL

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Vegetable soup	Chicken and brown rice soup ●	Cream of squash	Tomato-noodle soup	Cream of vegetables
CHEF'S PLATE	1 Chicken with Tao sauce	Meat-lover's pita pizza (3 meats)	Spaghetti with meat sauce	Louisiana-style pork strips 	Chinese macaroni
	2 MEATLESS MONDAY Cheese tortellini with tomato sauce ●	Italian-style veal meatballs 	Turkey meatloaf with vegetables ● 	Panko-crusted crispy fish burger ● ●	Indian-style chicken
VEGETABLE	Sunrise vegetable blend 	Carrots with parsley 	INSPIRED VEGETABLE	Whole green beans	Romanesco blend 
SALAD	Chef's salad	Caesar salad	Salad of broccoli, carrots, and radishes	Salad of cabbage, mandarins, and red peppers	Green salad
SIDE	Brown rice pilaf ● (chef's plate 1)	Egg noodles (chef's plate 2)	Orange-flavoured whole wheat couscous ● (chef's plate 2)	Potatoes with fine herbs	Basmati rice (chef's plate 2)
DAILY DESSERT	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day.				
BEVERAGE	Milk or 100% pure fruit juice.				
	À LA CARTE	Choice of pizza: turkey pepperoni, cheese, turkey bacon.			
		The following menu items are offered every day: wraps, variety of paninis (beef, chicken or pork), variety of small salads (pasta, Greek, Caesar, etc.), fruit and cheese, wedge sandwiches.			
		PLEASE WATCH THE WEEKLY FEATURES!			
DATE	Weeks beginning on: August 31, October 5, and November 9, 2020; January 4, February 8, March 22, April 26, and May 31, 2021.				



Majoritairement composé d'ingrédients de provenance québécoise.
Made mainly with Quebec-origin ingredients.



Poisson de pêche durable certifié par MSC, Ocean Wise, ou autre organisme reconnu.
Certified sustainable fish.











Convient aux lacto-ovo-végétariens.
Suitable for lacto-ovo-vegetarians.



Produit céréalier à grains entiers.
Whole-grain product.

COMPLETE MEAL

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken, vegetable, and barley soup ●	Cream of celery	Vegetable soup	Cream of broccoli	Tomato, vegetable, and orzo soup
CHEF'S PLATE	1 Hamburger steak, cheese-curd sauce	Honey-garlic pork 	Marinated pretzel-crusted fish ●	Fusilli with meat sauce	Buns stuffed with chicken, cheese, and salsa ●
	2 MEATLESS MONDAY Vegetable lasagna ●	Turkey burger with Creole mayonnaise	Chicken cacciatore	Greek-style marinated turkey escalope 	Veal Parmentier au gratin 
VEGETABLE	Kernel corn and two colour peppers 	Broccoli florets	VEGETABLE OF THE DAY	Prince Edward vegetable blend (beans and carrots) 	Green peas 
SALAD	Allegro Caesar salad	Classic coleslaw 	Green salad	Fattouche salad	Crunchy vegetable salad
SIDE	Mashed potatoes (chef's plate 1)	Rice vermicelli (chef's plate 1)	Multigrain blend ●	Quinoa and couscous, tabbouleh style ● (chef's plate 2)	Potatoes with Tex-Mex spices (chef's plate 1)
DAILY DESSERT	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day.				
BEVERAGE	Milk or 100% pure fruit juice.				
	À LA CARTE	Choice of pizza: turkey pepperoni, cheese, turkey bacon.			
		The following menu items are offered every day: wraps, variety of paninis (beef, chicken or pork), variety of small salads (pasta, Greek, Caesar, etc.), fruit and cheese, wedge sandwiches.			
		PLEASE WATCH THE WEEKLY FEATURES!			
DATE	Weeks beginning on: September 7, October 12, and November 16, 2020; January 11, February 15, March 29, and May 3, 2021.				



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chicken-noodle soup	Cream of vegetables	Tomato, vegetable, and multigrain rice soup ●	Farmer's soup	Carrot and ginger soup 
CHEF'S PLATE	1 Swedish veal meatballs 	Home-style baked fish filet ●	Chicken vol-au-vent	Meat macaroni	BBQ chicken
	2 MEATLESS MONDAY Cheese tortellini with rosée sauce ●	Italian-style pita	Soft beef tacos	Home-style turkey-and-grain croquettes, choice of sauce 	Shanghai pork and broccoli stir-fry  <i>Served on Cantonese-style noodles</i>
VEGETABLE	Green and yellow bean duo 	Sunrise vegetable blend 	Five vegetable blend 	Broccoli florets	THE VEGETABLE THAT TEMPTS ME
SALAD	Chef's salad	Crunchy vegetable salad	Lettuce-tomato chiffonade	Caesar salad	Classic coleslaw 
SIDE	Mashed potatoes and carrots (chef's plate 1)	Multigrain blend ● (chef's plate 1)	Home-style potatoes	Brown rice pilaf ● (chef's plate 2)	Baked half-potato (chef's plate 1)
DAILY DESSERT	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day.				
BEVERAGE	Milk or 100% pure fruit juice.				
	À LA CARTE	Choice of pizza: turkey pepperoni, cheese, turkey bacon.			
		The following menu items are offered every day: wraps, variety of paninis (beef, chicken or pork), variety of small salads (pasta, Greek, Caesar, etc.), fruit and cheese, wedge sandwiches.			
		PLEASE WATCH THE WEEKLY FEATURES!			
DATE	Weeks beginning on: September 14, October 19, and November 23, 2020; January 18, February 22, April 5, and May 10, 2021.				



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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minestrone bean soup	Cream of vegetables	Tomato-shell soup	Chicken and brown rice soup ●	Cream of green vegetables
CHEF'S PLATE	1 Chicken fajita with garnishes ●	Greek-style pork burger ●	Shepherd's pie	Pork escalope with pepper sauce 	Turkey meatballs, honey-sriracha sauce 
	2 MEATLESS MONDAY Rigatoni primavera ●	Three-colour fusilli with chicken rosée sauce	Fish italiano ●	Spaghetti with meat sauce	Pastrami pizza-pita
VEGETABLE	Corn 	Carrots with parsley 	Prince Edward vegetable blend (beans and carrots) 	VEGETABLE OF THE DAY	Romanesco blend 
SALAD	Lettuce-tomato chiffonade	Spicy creamy coleslaw	Beet and apple salad 	Caesar salad	Meli-melo salad
SIDE	Potatoes with Tex-Mex spices (chef's plate 1)	Potato and sweet potato wedges (chef's plate 1)	Multigrain blend pilaf ● (chef's plate 2)	Mashed potatoes (chef's plate 1)	Whole-wheat couscous with vegetables ● (chef plate 1)
DAILY DESSERT	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day.				
BEVERAGE	Milk or 100% pure fruit juice.				
	À LA CARTE	Choice of pizza: turkey pepperoni, cheese, turkey bacon.			
		The following menu items are offered every day: wraps, variety of paninis (beef, chicken or pork), variety of small salads (pasta, Greek, Caesar, etc.), fruit and cheese, wedge sandwiches.			
		PLEASE WATCH THE WEEKLY FEATURES!			
DATE	Weeks beginning on: September 21, October 26, and November 30, 2020; January 25, March 8, April 12 and, May 17, 2021.				



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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Tomato, vegetable, and multigrain rice soup ●	Cream of vegetables	Cream of celery	Chicken-noodle soup	Lentil soup
CHEF'S PLATE	1 Hamburger	Pork with hoisin sauce Q	Farfalle with meat sauce	Filet of fish with coconut crust and sriracha dip ●	Hot chicken sandwich
	2 MEATLESS MONDAY Macaroni and cheese ●	Mexican-style pita pizza	Chicken thigh piri-piri (Portuguese-style)	Lebanese plate with Shawarma chicken	Moroccan-spiced pork souvlaki Q
VEGETABLE	Prince Edward vegetable blend (beans and carrots) Q	Oriental blend	Broccoli florets	Whole green beans	VEGETABLE OF THE DAY
SALAD	Lettuce-tomato chiffonade	Asian-flavoured spinach salad	Allegro Caesar salad	Greek salad	Corn salad Q
SIDE	Seasoned potato wedges (chef's plate 1)	Rice vermicelli (chef's plate 1)	Herbed potatoes (chef's plate 2)	Whole-wheat couscous with vegetables ●	Steamed brown rice ● (chef's plate 2)
DAILY DESSERT	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day.				
BEVERAGE	Milk or 100% pure fruit juice.				
	À LA CARTE	Choice of pizza: turkey pepperoni, cheese, turkey bacon.			
		The following menu items are offered every day: wraps, variety of paninis (beef, chicken or pork), variety of small salads (pasta, Greek, Caesar, etc.), fruit and cheese, wedge sandwiches.			
		PLEASE WATCH THE WEEKLY FEATURES!			
DATE	Weeks beginning on: September 28, November 2, and December 7, 2020; February 1 st , March 15, April 19, and May 24, 2021.				



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