


## COMPLETE MEAL







WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>SOUP</b>	Vegetable soup	Tomato and noodle soup	Cream of winter squash	Chicken and brown rice soup ●	Cream of vegetables	
<b>CHEF'S PLATE</b>	1	Chicken with Tao sauce	Pork strips with Louisiana style BBQ sauce 	Turkey meatloaf 	Swedish-style veal meatballs 	Chinese macaroni
	2	<b>MEATLESS MONDAY</b> Cheese tortellini with tomato sauce ●	Panko-crusted crispy fish burger ●	Baked lasagna	Pizza with 3 meats (on pita)	Chef's choice stuffed potato
<b>VEGETABLE or SALAD</b>	Sunrise vegetable blend 	Whole green beans	<b>INSPIRED VEGETABLE</b>	Carrots with parsley 	Romanesco blend 	
	Choice of salads offered every day with the complete meal.					
<b>SIDE</b>	Brown rice pilaf ● (chef's plate 1)	Potatoes with fine herbs	Orange-flavoured whole wheat couscous ● (chef's plate 1)	Egg noodles (chef's plate 1)	-	
<b>DAILY DESSERT</b>	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day and included with complete meal.					
<b>BEVERAGE</b>	Milk, water or 100% pure fruit juice.					

## À LA CARTE


	Choice of pizza: turkey pepperoni, cheese, turkey bacon, chicken and all-dressed.
	NRG Express meals are offered in single plate, duo or trio.
	Every day: wrap, selection of paninis (beef, chicken or pork).
	Choice of side salads: pasta, Greek, potatoes, etc., fruit and cheese, wedge sandwiches.

<b>DATE</b>	Weeks beginning on: September 2, October 7, November 11 and December 16, 2019; February 3, March 16, April 20 and May 25, 2020.
-------------	---

## COMPLETE MEAL

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Chicken and brown rice soup ●	Cream of tomato	Market soup	Cream of broccoli	Vegetable soup
<b>CHEF'S PLATE</b>	1	Hamburger steak with sauce and cheese curds	Honey-garlic pork 	Italian-style veal meatballs 	Greek-style turkey cutlet with tzatziki 	Chili con carne
	2	<b>MEATLESS MONDAY</b> Vegetable lasagna ●	Turkey burger	Marinated pretzel-crusted fish ●	Fusilli with meat sauce	Chicken-stuffed potato
<b>VEGETABLE or SALAD</b>		Kernel corn and two colour peppers 	Broccoli florets	<b>VEGETABLE OF THE DAY</b>	Prince Edward blend (beans and carrots) 	Green peas 
Choice of salads offered every day with the complete meal.						
<b>SIDE</b>		Baby potatoes (chef's plate 1)	Rice vermicelli (chef's plate 1)	Multigrain rice, basil and lemon oil ●	Quinoa and couscous, tabbouleh style ● (chef's plate 1)	Tex-Mex roasted potatoes (chef's plate 1)
<b>DAILY DESSERT</b>		Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day and included with complete meal.				
<b>BEVERAGE</b>		Milk, water or 100% pure fruit juice.				





## À LA CARTE

	Choice of pizza: turkey pepperoni, cheese, turkey bacon, chicken and all-dressed.
	NRG Express meals are offered in single plate, duo or trio.
	Every day: wrap, selection of paninis (beef, chicken or pork).
	Choice of side salads: (pasta, Greek, potatoes, etc.), fruit and cheese, wedge sandwiches.


<b>DATE</b>	Weeks beginning on : September 9, October 14, and November 18, 2019; January 6, February 10, March 23, April 27 and June 1 <sup>st</sup> 2020.
-------------	--



## COMPLETE MEAL

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Chicken, vegetable and barley soup ●	Cream of vegetables	Chicken and noodle soup	Farmer's soup	Carrot and ginger soup
CHEF'S PLATE	1	Panini with turkey sausage	Chicken Caesar pizza-pita	Beef tacos	Macaroni with meat sauce	BBQ chicken
	2	<b>MEATLESS MONDAY</b> Cheese tortellini with rosée sauce ●	Home-made fish croquette with garlic sauce	Chef's choice pasta	Quiche	Shanghai pork and broccoli stir-fry  Served on Cantonese-style noodles
VEGETABLE or SALAD		Green and yellow bean duo 	Sunrise vegetable blend 	Five vegetable blend 	Broccoli florets	<b>THE VEGETABLE THAT TEMPTS ME</b>
Choice of salads offered every day with the complete meal.						
SIDE		-	Whole wheat couscous ● (chef's plate 2)	Homestyle potatoes (chef's plate 1)	Brown rice pilaf ● (chef's plate 2)	Oven-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 and included with complete meal.				
BEVERAGE		Milk, water or 100% pure fruit juice.				

## À LA CARTE

	Choice of pizza: turkey pepperoni, cheese, turkey bacon, chicken and all-dressed.
	NRG Express meals are offered in single plate, duo or trio.
	Every day: wrap, selection of paninis (beef, chicken or pork).
	Choice of side salads: (pasta, Greek, potatoes, etc.), fruit and cheese, wedge sandwiches.


DATE	Weeks beginning on: September 16, October 21 and November 25, 2019; January 13, February 17, March 30 and May 4, 2020.
------	--



## COMPLETE MEAL

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Minestrone bean soup	Chicken and brown rice soup ●	Cream of carrot and sweet potato	Vegetable soup	Cream of green vegetables
<b>CHEF'S PLATE</b>	1 Garnished chicken fajita ●	BBQ pork burger (option: Greek burger ●)	Shepherd's pie	Pork cutlet with pepper sauce	Turkey meatballs with honey and sriracha sauce
	2 <b>MEATLESS MONDAY</b> Rigatoni primavera ●	Fusilli with Alfredo chicken sauce	Fish <i>italiano</i> ●	Spaghetti with meat sauce	Chef's choice pizza-pita
<b>VEGETABLE or SALAD</b>	Corn	Carrots with parsley	<b>VEGETABLE OF THE DAY</b>	San Francisco blend	Romanesco blend
	Choice of salads offered every day with the complete meal.				
<b>SIDE</b>	Multigrain rice pilaf ● (chef's plate 1)	Potato and sweet potato wedges (chef's plate 1)	Linguini with basil (chef's plate 2)	Oven-baked half potato (chef's plate 1)	Vegetable whole wheat couscous ● (chef's plate 1)
<b>DAILY DESSERT</b>	Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day and included with complete meal.				
<b>BEVERAGE</b>	Milk, water or 100% pure fruit juice.				

## À LA CARTE


	Choice of pizza: turkey pepperoni, cheese, turkey bacon, chicken and all-dressed.
	NRG Express meals are offered in single plate, duo or trio.
	Every day: wrap, selection of paninis (beef, chicken or pork).
	Choice of side salads: (pasta, Greek, potatoes, etc.), fruit and cheese, wedge sandwiches.

<b>DATE</b>	Weeks beginning on: September 23, October 28 and December 2, 2019; January 20, February 24, April 6 and May 11, 2020.
-------------	---

## COMPLETE MEAL

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Tomato, vegetable and multigrain rice soup ●	Cream of celery	Cream of vegetables	Market soup	Lentil soup
<b>CHEF'S PLATE</b>	1	Hamburger	Farfalle with meat sauce	Pork with hoisin sauce	Penne with turkey sausage	Pork fajita ●
	2	<b>MEATLESS MONDAY</b> Macaroni and cheese ●	Thai chicken	Mexican pizza-pita	Coconut fish fillet with sriracha dip ●	Piri-piri chicken leg (Portuguese style)
<b>VEGETABLE or SALAD</b>		Prince Edward blend (beans and carrots) 	Broccoli florets	Oriental blend	Whole green beans	<b>VEGETABLE OF THE DAY</b>
Choice of salads offered every day with the complete meal..						
<b>SIDE</b>		Tex-Mex potatoes (chef's plate 1)	Steamed brown rice ● (chef's plate 2)	Rice vermicelli (chef's plate 1)	Lemony orzo (chef's plate 2)	Seasoned potato wedges
<b>DAILY DESSERT</b>		Fruit, fruit based desserts or milk-based desserts, or baked desserts (preferably with whole grain cereals) are offered every day and included with complete meal.				
<b>BEVERAGE</b>		Milk, water or 100% pure fruit juice.				

## À LA CARTE

	Choice of pizza: turkey pepperoni, cheese, turkey bacon, chicken and all-dressed.
	NRG Express meals are offered in single plate, duo or trio.
	Every day: wrap, selection of paninis (beef, chicken or pork).
	Choice of side salads: (pasta, Greek, potatoes, etc.), fruit and cheese, wedge sandwiches.

<b>DATE</b>	Weeks beginning on: September 30, November 4 and December 9, 2019; January 27, March 9, April 13 and May 18, 2020.
-------------	--