

School year  
2021-2022

**Week 1**

Aug. 23 Feb. 21  
Sept. 20 March 21  
Oct. 18 April 18  
Nov. 15 May 16  
Dec. 13 June 13  
Jan. 24

**Week 2**

Aug. 30 Feb. 28  
Sept. 27 March 28  
Oct. 25 April 25  
Nov. 22 May 23  
Dec. 20 June 20  
Jan. 31

**Week 3**

Sept. 06 Feb. 07  
Oct. 04 March 07  
Nov. 01 April 04  
Nov. 29 May 02  
Jan. 10 May 30

**Week 4**

Sept. 13 Feb. 14  
Oct. 11 March 14  
Nov. 08 April 11  
Dec. 06 May 09  
Jan. 17 June 06

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken and vegetable soup*</p> <p>Italian pita</p> <p>Old cheddar cheese and vegetable frittata* Pilaf rice</p> <p>Green salad and red cabbage Broccoli florets</p>	<p>Pea soup</p> <p>Mac and cheese</p> <p>Crispy fish fillet Potato wedges*</p> <p>Caesar salad Green beans</p>	<p>Cream of vegetable soup</p> <p>Chicken and broccoli stir-fry Egg noodles</p> <p>Roasted pan potato and sausage</p> <p>Chef's salad Parsley carrots</p>	<p>Farmer's market soup</p> <p>Vegetarian Tex Mex au gratin</p> <p>Turkey in coconut milk* Vermicelli</p> <p>Garden salad Montego vegetables</p>	<p>Cream of broccoli</p> <p>General Tao chicken</p> <p>Lentil and squash curry</p> <p>Basmati rice Spinach salad Mixed vegetables</p>
<p>Cream of mushroom</p> <p>Butter chicken Steamed rice</p> <p>Mexican quesadillas</p> <p>Broccoli florets Garden salad</p>	<p>Onion soup*</p> <p>Spaghetti, and meat sauce</p> <p>Sweet potato layered casserole</p> <p>Caesar salad Bistro vegetable mix</p>	<p>Minestrone soup</p> <p>Teriyaki chicken</p> <p>Florentine quiche with feta</p> <p>Potato wedges* Sautéed vegetables</p> <p>Green salad and red cabbage</p>	<p>Tomato and quinoa soup</p> <p>Homemade turkey burger*</p> <p>Ginger tofu stir-fry Rice vermicelli</p> <p>Kimchi salad Carrots</p>	<p>Cream of chicken</p> <p>Hamburger steak Mashed potatoes*</p> <p>Salmon pie, dill sauce</p> <p>Green peas Mediterranean salad</p>
<p>Chicken and vermicelli soup</p> <p>Beef Stroganoff</p> <p>Bruschetta fish fillet</p> <p>Egg noodles California mix Chef's salad</p>	<p>Lentil soup</p> <p>Penne Pizza</p> <p>Artichoke and goat cheese flatbread</p> <p>Caesar salad Baked vegetable*</p>	<p>Carrot soup*</p> <p>Salsa chicken cutlet</p> <p>Mediterranean pork*</p> <p>Parsley rice Spinach salad Bean duo</p>	<p>Farmer's market soup</p> <p>Shepherd's pie</p> <p>Greek omelet* Quinoa</p> <p>Chef's salad Carrots and edamame</p>	<p>Beef and barley soup</p> <p>Homemade chicken bites with spicy mayonnaise Hash browns*</p> <p>Vegan lentil loaf</p> <p>Coleslaw* Montego vegetables</p>
<p>Cream of tomato</p> <p>BBQ chicken leg Baby potatoes*</p> <p>Chili sin carne Tortilla chips</p> <p>Corn and red peppers Carrot salad*</p>	<p>Chicken and noodle soup*</p> <p>Meat lasagna</p> <p>Pita falafel</p> <p>Caesar salad Fresh baked zucchini</p>	<p>Vegetable soup*</p> <p>Turkey pie</p> <p>Beef Burgundy Mashed potatoes*</p> <p>Bistro vegetable mix Italian salad</p>	<p>Cream squash soup</p> <p>Portuguese chicken Basmati rice</p> <p>Tuna nuggets with aioli sauce</p> <p>Market salad Broccoli florets</p>	<p>Oriental soup</p> <p>Parmigiana veal* Parsley pasta</p> <p>Vegetarian gourmet sandwich</p> <p>Spring salad Green beans</p>

Meal of the day

- Included :
- Soup
  - Main course
  - Milk or water 500 ml
  - Pure juice at 100 %
  - and dessert of the day

**\$6.25**

A good method of payment is your child's «school card»

You decide the amount and choose one of the following payment methods :

By check, make your check payable to:

Groupe Compass (Québec) Itée

On our website <https://cafzone.ca> (Visa et Mastercard)

All your child will need to do is use his/her «school card» when paying at the cash register !



\*Menu includes dishes from the Aliments du Québec program

Contains 50% or more of certified Quebec ingredients

The menus are subject to change according to the availability of products and the season