

# Menu 2023

# CPE Narnia

Start: January 2nd  
End: January 27th

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

AM Snack →	Monday	Tuesday	Wednesday	Thursday	Friday
	Wholegrains cereals <b>2</b>	Fresh fruits <b>3</b>	Fresh fruits <b>4</b>	Fresh fruits <b>5</b>	Fresh fruits <b>6</b>
Lunch	Pizza	Meat sauce spaghetti Vegetable of the day	Dahl Served with rice	Chicken & noodle soup 1/2 w/wheat bread rolls	Beef ragout with mashed potato
Vege		Tofu sauce spaghetti Vegetable of the day	Dahl Served with rice	Chick peas & noodle soup 1/2 w/wheat bread rolls	Vegan ragout with mashed potato
Vegan		Tofu sauce spaghetti Vegetable of the day	Dahl Served with rice	Chick peas & noodle soup 1/2 w/wheat bread rolls	Vegan ragout with mashed potato
Dessert		Apple sauce	Fruit yogurt	Fresh fruits	Fruit yogurt
PM Snack		Crackers & cheese	Pita & hummus	Baby carrots & tzatziki	Oat & chocolate galettes
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Lunch	White bean stew with couscous	Creamy salmon pasta & vegetables of the day	Mexican beef rice with Corn & green onion	Linguini alfredo With peas	Chicken pot pie Served with crudités
Vege	White bean stew with couscous	Creamy salmon pasta & vegetables of the day	Mexican black bean rice Corn & green onion	Linguini alfredo With peas	Veggie pot pie Served with crudités
Vegan	White bean stew with couscous	Chick peas pasta & vegetables of the day	Mexican black bean rice Corn & green onion	Linguini alfredo With peas	Veggie pot pie Served with crudités
Dessert	Apple sauce	Fresh fruits	Fruit yogurt	Fresh fruits	Fruit yogurt
PM Snack	Premium crackers ceasar dip	Oatmeal with blueberries & cinnamon	Half bagel & cream cheese	Naan & bean dip	Carrots muffin
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Lunch	Lentils soup meal With premium crackers	Beef macaroni Cheeseburger style	Thai rice with chicken Chop suey & pepper	Cheese pizza served with crudités	Beef & roots veggie stew With mini bread roll
Vege	Lentils soup meal With premium crackers	Macaroni & cheese gratiné	Thai rice with tofu Chop suey & pepper	Cheese pizza served with crudités	Chick peas & roots veggie With mini bread roll
Vegan	Lentils soup meal With premium crackers	Macaroni & vegan cheese	Thai rice with tofu Chop suey & pepper	Vegan cheese pizza served with crudités	Chick peas & roots veggie With mini bread roll
Dessert	Apple sauce	Fresh fruits	Fruit yogurt	Fresh fruits	Fruit yogurt
PM Snack	Rice cake & jam	Melbat & veggie dip	Mini quiche	Crackers & cheese	Lemon Madelaine
	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Lunch	Carrots & potato soup With grilled cheese	Shell pasta Tomato sauce & parmesan	Basa fillet, lemon sauce Rice, peas & carrots	Beef chili Served with tortillas	Turkey meatloaf mashed & peas
Vege	Carrots & potato soup With grilled cheese	Shell pasta Tomato sauce & parmesan	Basa fillet, lemon sauce Rice, peas & carrots	Three beans chili Served with tortillas	Vegan meatless balls mashed & peas
Vegan	Carrots & potato soup With grilled cheese	Shell pasta With vegan cheese	Tofu, lemon sauce Rice, peas & carrots	Three beans chili Served with tortillas	Vegan meatless balls mashed & vegetables
Dessert	Apple sauce	Fresh fruits	Fruit yogurt	Fresh fruits	Fruit yogurt
PM Snack	Trailmix	English muffin & wow butter	Raisins bread	Bread sticks & Spinach dip	Banana bread

- ✓ For reasons beyond our control, the menu may be subject to change daily without notice
- ✓ No refunds or credit in the event of a snow storm
- ✓ All our meat & poultry is from Halal certified supplier
- ✓ Our facility is nut free, we do not serve pork and seafood dishes
- ✓ Vegetarian and allergen substitute meals are available upon request



Traiteur Evoo Santé inc