



Nutrition and
Food Services

LE MINI BISTRO

2025-2026



English Montreal
School Board



About Le Mini Bistro

Le Mini Bistro is an elementary school lunch service operated by the English Montreal School Board (EMSB), Nutrition and Food Services Division.

The service is overseen by EMSB Dietitians who ensure that meals are carefully planned to respect the EMSB Nutrition Policy and are prepared safely by our MAPAQ* Hygiene and Food Safety certified staff, before being delivered directly to your child's school.

Our culturally diverse meals can be conveniently ordered and paid for online. They can also be easily cancelled and rescheduled all online.

Allow us to make your lunch planning carefree. Order from Le Mini Bistro today!

*Ministère de l'Agriculture, des Pêcheries et de l'Alimentation



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WHAT SETS US APART



Nutrition

EMSB Dietitians carefully craft the menu and oversee the meal preparations in our catering centers.



Flexibility

Order at your convenience.

Orders can be placed up to 3 days ahead for up to a 3 month period.



You may cancel your child's meal online, for any reasons up until 7:00am of the day of.



Environment

Meals are packaged in 100% recyclable and biodegradable products.

Our menu

✓ A MINIMUM OF
2 DAILY CHOICES

✓ A DAILY
VEGETARIAN
MEAL OPTION

NEW

Our price

6.50\$
PER MEAL



	Monday	Tuesday	Wednesday	Thursday	Friday
Menu #1	Chicken Fried Rice Mixed Veggies	Ocean Bites (Breaded Fish), Egg Noodles, Peas & Carrots	Macaroni & Cheese, Broccoli	Lasagna (Beef), Green Beans	Veggie Frittata, Mashed Potatoes, Veggies of the Day
Menu #2	BBQ Beef Rib Burger, Potato Wedges, Baby carrots	Shepherd's Pie, Crinkled Carrots	Butter Chicken, Basmati Rice, Mixed Veggies	Tex-Mex Turkey Wrap, Coleslaw	Chicken Souvlaki Wrap & Tzatziki Green Salad
Menu #3 (as required)	Vegetarian Chili, (Soy Protein), Rice, Green beans	Vegetarian Quesadilla, Salad		Chickpea-Cheese Gratin, Rice, Carrots	
Dessert	Oatmeal Cookie	Yogurt	Peach Slices	Milk Pudding	Muffin

Meal includes a main entrée, starch (when applicable), vegetable, dessert and cutlery.

Please note that while every effort is made to avoid cross-contamination, we cannot guarantee the absence of allergens such as peanuts, tree nuts, milk, eggs, wheat, soy, sesame, fish, or shellfish in our meals.



CONTACT US



Scan
or click to
access



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