



BISTRO MENU 2025-2026

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Sept. 15 Oct. 14 Nov. 10 Dec. 8 Jan. 19 Feb. 16 March 23 April 20 May 18	Lunch Entrée	Chicken & Feta Cheese Pasta	Fish Roulade 	Zesty Chicken	Pasta a la Bolognese	Chicken Dumpling
	Short order	Pulled Pork Sandwich	Chicken Souvlaki Pita	Beef Taco Bowl	NEW Tofu Tandoori Burger 	Three Cheese Pizza 
Week 2 Sept. 22 Oct. 20 Nov. 17 Dec. 15 Jan. 26 Feb. 23 March 30 April 27 May 25	Lunch Entrée	Cheese Manicotti 	NEW Honey Garlic Meatballs 	Chickpea Butter Curry 	BBQ Chicken	Meatloaf Parmigiana 
	Short order	Multigrain Chicken Burger	Tuna Melt 	Cheeseburger	Vegetarian Chili Bowl 	Three Cheese Pizza 
Week 3 Sept. 29 Oct. 27 Nov. 24 Jan. 5 Feb. 2 March 9 April 6 May 4 June 1	Lunch Entrée	Tortellini In Rosé Sauce 	Citrus Herb Cod Filet 	Chef's Special	Beef Lasagna & Vegetarian Lasagna 	Chicken Souvlaki Platter
	Short order	BBQ Rib Burger	Chicken Caesar Wrap	 Santa Fe Veggie Burger	Chicken Fajitas	Three Cheese Pizza 
Week 4 Oct. 6 Nov. 3 Dec. 1 Jan. 12 Feb. 9 March 16 April 13 May 11	Lunch Entrée	Macaroni & Cheese 	Butter Chicken	Tomato Meatball Pasta	Shepherd's Pie	Chickpea Au Gratin 
	Short order	Chicken Parmigiana Sandwich	Philly Steak Chipotle Wrap	BBQ Turkey Burger	Vegetarian Quesadilla 	Three Cheese Pizza 

LEGEND



Plant Power: Vegetarian Option



Bright Future: Food for the Brain



ProTeam: Includes 2 Protein Foods

PLEASE NOTE

Although all due care is taken in the preparation of our meals, they may contain (traces of) allergens (peanuts, nuts, seeds, soy, milk, eggs, wheat, etc.)

BISTRO MENU AND PRICE LIST 2025-2026

Dear Students and Parents,

The mission of Nutrition and Food Services is to promote health-enhancing attitudes and behaviours among our students by ensuring access to varied and nutritious foods needed to stay healthy and focused in school.

To encourage healthy eating, our bistros promote the consumption of nutrient dense foods by:

- Decreasing the availability of high sugar content foods
- Decreasing the availability of high fat content foods
- Preventing the accessibility to soft drinks, deep fried foods, chocolates and candies on school grounds
- Increasing the availability of high fiber content foods
- Offering students balanced meals and snacks providing essential nutrients
- Providing informative materials on nutrition topics

Our menus are carefully developed by the school board dietitians with your children's nutrient needs and safety in mind. The bistros are supervised regularly by food technicians to ensure the safe and nutritious service of all meals.

Please find below the bistro price list as well as a copy of the menu for the beginning of 2025-2026 academic year.

BISTRO PRICE LIST 2025-2026

Meal Items

All items
sold à la
carte

Soup (and crackers)	\$1.50
Meal (with vegetable and starch)	\$4.50
Hefty Portion	\$6.00
Meal Card (10 meal deals* - \$57.50)	\$5.75
Grilled Panini, Take out Salad, Pizza in a Box, Calzone	\$6.00
Potato or Rice	\$1.00
Vegetable	\$0.75
Salad (vegetable), Crudités cup, Fresh Fruit Cup	\$1.00
Salad (rice, bean, pasta, couscous)	\$1.50
Sandwich, regular	\$3.25
Sandwich, gourmet/Ham and Cheese Croissant	\$4.50
Breakfast Sandwich	\$4.00
Bread Roll and Butter	\$1.00

Snacks

Bagel	\$1.50
Bagel (hot and buttered)	\$2.00
Bagel (hot) and Cheese	\$2.25
Cheese Portion	\$1.00
Cream Cheese	\$0.75
Cereal	\$1.50
Oatmeal Galette	\$1.75
Muffin	\$1.50
Fruit Bread	\$1.50
Hot Snack/Croissant and Cheese	\$3.25
Pizza Bagel	\$2.50
Parfait	\$1.75
Yogurt	\$1.00
Yogurt Smoothie	\$2.50
Breadsticks, Crackers, Melba	\$0.25
Margarine, Syrup, Dressing, Sauce	\$0.25
Disposable Utensils/Dishes	\$0.25

Desserts

Fresh Fruit	\$0.75
Fruit Plate / Crudités plate	\$2.00
Fruit Cocktail, Fruit Jelly, Milk Pudding	\$1.25
Cookie	\$1.00
Ice Cream and Sorbet	\$2.00
Homemade Desserts	\$1.75

Drinks

Milk	\$0.50
Chocolate Milk (200ml)	\$1.50
Chocolate /Strawberry Milk (473ml)	\$2.75
Juice (200ml)	\$1.25
Soy Milk - Chocolate / Vanilla (200ml)	\$1.75



MEAL CARD

10 meal deals
for \$57.50

Includes

Entrée, Vegetable, Starch
Soup or Dessert of the day*,
and Milk

*pudding, fruit jelly, fruit cocktail, fresh
fruit, yogurt, 1 small oatmeal cookies or a
muffin