



CSEEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

2024 -2025 EMSB Multi-Service Bistro Menu

*Cafeteria Menu for
April 7 to June 6, 2025*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|--|--|---|---|--|
| | April 7 | April 8 | April 9 | April 10 | April 11 |
| Lunch Entree | Chicken Pad Thai Edamame Cabbage Salad | Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables | Cheese Tortellini In Rosée Sauce Cocktail Vegetables | Shepherd`s Pie Crinkled Carrots | Alfredo Ziti Al Forno (Chicken) Whole Green/Yellow Beans |
| Short Order | Italian Meatball Roll (Beef) Mixed Green Salad | Taco Bowl Corn | BBQ Grilled Chicken Sub Coleslaw | Vegetarian Quesadilla Gourmet Salad | Mexican Pizza Salad |
| | April 14 | April 15 | April 16 | April 17 | April 18 |
| Lunch Entree | Salisbury Steak Gravy Mashed Potatoes, Peas | Butter Chicken Basmati Rice Mixed Vegetables | Cheese Manicotti in Tomato Sauce Sunrise Vegetables | Vegetarian Lasagna (with Soya) Garden Style Vegetables | Holiday Good Friday |
| Short Order | Chicken Quesadilla with Salsa Baby Carrots | Philly Steak Sub Mixed Green Salad | Tex-Mex Turkey Burger Coleslaw | Hamburger Salad | |

| | April 21 | April 22 | April 23 | April 24 | April 25 |
|--------------|---|--|--|--|--|
| Lunch Entree | Holiday Easter Monday | Macaroni and Cheese Broccoli | Korean Sesame Beef Basmati Rice Whole Green/Yellow beans | Brunch for Lunch Pancake, Chicken Sausages Scrambled Eggs, Potato Wedges | Florentine Pasta (Beef) Crinkled Carrots |
| Short Order | | Mixed Deli Sandwich Gourmet Salad | Chicken Souvlaki Pita Mixed Green Salad | Vegetarian Quesadilla Mixed Green Salad | Three Cheese Pizza Coleslaw |
| | April 28 | April 29 | April 30 | May 1 | May 2 |
| Lunch Entree | Fish Filet Lemon & Herb Seasoned Egg Noodles Mixed Greens | Chicken Fried Rice Cocktail Vegetables | Tomato Meatball Pasta (Beef) Pick of the Day Vegetables | Shepherd Pie Sunrise Vegetables | Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables |
| Short Order | Dumpling (Chicken) Edamame Cabbage Salad | Hamburger Corn Salad | Chef's Choice | Chicken Fajita With Salsa Salad | Chicken Caesar Pizza Gourmet Salad |
| | May 5 | May 6 | May 7 | May 8 | May 9 |
| Lunch Entree | Cheese Tortellini in Rosée Sauce Whole Green/Yellow Beans | Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Golden Garden Vegetables | Beef Macaroni Stir-Fry Whole Green/Yellow Beans | BBQ Chicken Leg Pilaf Rice Sunrise Vegetables | Rigatoni (Beef) Mixed Vegetables |
| Short Order | Chicken Chipotle Wrap Lettuce and Tomato | Vegetarian Quesadilla Gourmet Salad | Mexican Turkey Wrap Mixed Salad | Italian Meatball Roll Mixed Green Salad | Western Chipotle Pizza Salad |

| | May 12 | May 13 | May 14 | May 15 | May 16 |
|--------------|--|--|---|--|---|
| Lunch Entree | Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables | Cheese Manicotti In Tomato Sauce Garden Style vegetables | Shepherd`s Pie Gravy Pick Of The Day Vegetables | Zesty Chicken Platter Seasoned Rice with Carrots Sunrise Vegetables | Butter Chicken Basmati Rice Peas |
| Short Order | Meatless Chili Wrap Salad | Chicken Quesadilla with Salsa Crudités & Dip | Fish and Dip Salad | BBQ Rib Burger Baby Carrots | Chicken Caesar Pizza Gourmet Salad |
| | May 19 | May 20 | May 21 | May 22 | May 23 |
| Lunch Entree | Holiday | Korean Sesame Beef Basmati Rice Whole Green/Yellow Beans | Macaroni and Cheese Broccoli | BBQ Chicken Leg Pilaf Rice Sunrise Vegetables | Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots |
| Short Order | | Chicken Caesar Wrap Coleslaw | Pulled Pork/Turkey Sandwich Gourmet Salad | Mixed Deli Sandwich Salad | Three Cheese Pizza Salad |
| | May 26 | May 27 | May 28 | May 29 | May 30 |
| Lunch Entree | Chickpea Butter Curry (Veg included in recipe) Basmati Rice | Citrus Herb Cod Seasoned Egg Noodles Mixed Vegetables | Chef's Choice | Lasagna (Beef) Garden Vegetables | Beef Stew Seasoned Egg Noodles Mixed Vegetables - Pot-au-feu |
| Short Order | Cheeseburger & Santa Fe Burger Mixed Green Salad | Chicken Souvlaki Pita Salad | | Beef and Cheese Panini (Beef) Carrot Slaw | Chicken Chipotle Wrap Salad |
| | June 2 | June 3 | June 4 | June 5 | June 6 |
| Lunch Entree | Chicken Pad Thai Edamame Cabbage Salad | Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables | Cheese Tortellini In Rosée Sauce Cocktail Vegetables | Shepherd`s Pie Crinkled Carrots | Alfredo Ziti Al Forno (Chicken) Whole Green/Yellow Beans |
| Short Order | Italian Meatball Roll (Beef) Mixed Green Salad | Taco Bowl Corn | BBQ Grilled Chicken Sub Coleslaw | Vegetarian Quesadilla Gourmet Salad | Mexican Pizza Salad |

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.)

Menu is subject to change according to season, special occasions and product availability.