



CSEAM Nutrition et services alimentaires
EMSB Nutrition and Food Services

High School Bistro Menu

September 3 to December 19, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sept 1	Sept 2	Sept 3	Sept 4	Sept 5
Lunch Entree	HOLIDAY	No Service	Zesty chicekn Platter Seasoned Rice with Carrots	Macaroni and Cheese Broccoli	Mexican Rice Mixed Vegetables
Short Order			Cheeseburger Salad	Chicken Souvlaki Pita Lettuce & Tomato	Three Cheese Pizza Salad
	September 8	September 9	September 10	September 11	September 12
Lunch Entree	Cheese Tortellini In Rosée Sauce Green Beans	Korean Sesame Beef Basmati Rice Broccoli	Veggie Frittata Potato Wedges Garden Style Vegetables	Shepherd's Pie Gravy Mixed Vegetables	Meatballs in Sauce (Gravy) Seasoned Egg Noodles Mexican Vegetables
Short Order	BBQ Grilled Chicken Sub Salad	Santa Fe Veggie Burger Coleslaw	Hamburger Salad	Vegetarian Quesadilia Corn	Vegetable Pizza Mixed Green Salad
	September 15	September 16	September 17	September 18	September 19
Lunch Entree	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Chicken Fried Rice Cocktail Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots	Pasta alla Bolognese Garden Vegetables	Korean Sesame Beef Basmati Rice Broccoli
Short Order	Fish & Dip Edamame Cabbage Salad	Vegetarian Quesadilia Corn	BBQ Grilled Chicken Sub Coleslaw	Meatless Chili Wrap Salad	Chicken Caesar Pizza Gourmet Salad
	September 22	September 23	September 24	September 25	September 26
Lunch Entree	Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Tomato Meatball Pasta (Beef) Cocktail vegetables	Macaroni and Cheese Broccoli	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Turkey / Pork Sandwich Gourmet Salad	Tandoori Tofu Burger Gourmet Salad	Greek Pizza Three Cheese Pizza Gourmet Salad

	September 29	September 30	October 1	October 2	October 3
Lunch Entree	Zesty Chicken Platter Seasoned Rice with Carrots Pick of the Day Vegetables	Honey Garlic Chicken Meatballs Seasoned Egg Noodles Garden Style Vegetables	Cheese Tortellini In Rosée Sauce Cocktail Vegetables	Lasagna (Beef) Mixed Vegetables	Chicken Souviaki Platter With Tzatziki and Pilaf Rice Peas & Carrots
Short Order	Cheeseburger Carrot Slaw	Santa Fe Veggie Burger Salad	Beef and Cheese Panini Salad	Chicken Fajita with Salsa Salad	Western Chipotle Pizza Three Cheese Pizza Mixed Green Salad
	October 6	October 7	October 8	October 9	October 10
Lunch Entree	Tomato & Cheese Macaroni Mixed Vegetables	Alfredo Ziti Al Forno (Chicken) Sunrise Vegetables	Chicken Pad Thai Vegetable of the Day	Shepherd's Pie Gravy Crinkled Carrots	Butter Chicken Basmati Rice Peas
Short Order	Dumpling (Chicken) Edamame Cabbage Salad	Taco Bowl (Beef) Corn Salad	BBQ Rib Burger Carrots	Vegetarian Quesadilla Salad	Mexican Pizza Three Cheese Pizza Mixed Green Salad
	October 13	October 14	October 15	October 16	October 17
Lunch Entree	THANKSGIVING HOLIDAY	Macaroni and Cheese Broccoli	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Chicken Fried Rice Edamame	Honey Garlic Chicken Meatballs Seasoned Egg Noodles Corn
Short Order		Philly Steak Sub Mixed Green Salad	Hamburger Coleslaw	Fish & Dip Edamame Cabbage Salad	Vegetable Pizza Three Cheese Pizza Gourmet Salad
	October 20	October 21	October 22	October 23	October 24
Lunch Entree	Vegetarian Quiche Pick of the Day Vegetables	Korean Sesame Beef Basmati Rice Pick of the Day Vegetables	Vegetarian Lasagna (with Soya) Garden Style Vegetables	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Florentine Pasta (Beef) Crinkled Carrots
Short Order	Multigrain Chicken Burger Salad	Chicken Sub Salad	Tex-Mex Burger Coleslaw	Mixed Deli Sandwich Gourmet Salad	Greek Pizza Three Cheese Pizza Gourmet Salad

	October 27	October 28	October 29	October 30	October 31 - Halloween
Lunch Entree	Cheese Tortellini in Rosée Sauce Cocktail Vegetables	Tomato Meatball Pasta (Beef) Peas & Carrots	Zesty Chicken Platter Seasoned Rice with Carrots Pick of the Day Vegetables	Lasagna (Beef) Crinkled Carrots	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Chicken Souvlaki Pita Salad	Tandoori Tofu Burger Gourmet Salad	Cheeseburger Carrot Slaw	Santa Fe Veggie Burger Lettuce & Tomato	Western Chipotle Pizza Three Cheese Pizza Mixed Green Salad
	November 3	November 4	November 5	November 6	November 7
Lunch Entree	Macaroni and Cheese Broccoli	Chicken Pad Thai Vegetable of the Day	Shepherd's Pie Gravy Mixed Vegetables	Butter Chicken Basmati Rice Peas	Beef Stew Seasoned Egg Noodles Pot-au-Feu Vegetables
Short Order	BBQ Rib Burger Coleslaw	Chicken Chipotle Wrap Salad	Vegetarian Quesadilla Corn Salad	Tuna Melt Crudit� & Dip	Mexican Pizza Three Cheese Pizza Mixed Green Salad
	November 10	November 11	November 12	November 13	November 14
Lunch Entree	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Chicken Fried Rice Cocktail Vegetables	Salisbury Steak with Gravy Mashed Potatoes Crinkled Carrots	Pasta alla Bolognese Garden Vegetables	Korean Sesame Beef Basmati Rice Pick of the Day Vegetables
Short Order	Fish & Dip Edamame Cabbage Salad	Vegetarian Quesadilla Corn	BBQ Grilled Chicken Sub Lettuce and Tomato	Meatless Chili Wrap Salad	Three Cheese Pizza Gourmet Salad
	November 17	November 18	November 19	November 20	November 21
Lunch Entree	Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Tomato Meatball Pasta (Beef) Cocktail vegetables	Macaroni and Cheese Broccoli	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Parmigiana Meatloaf (Beef) Mashed Potatoes Garden Style Vegetables
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Turkey / Pork Sandwich Gourmet Salad	Tandoori Tofu Burger Salad	Greek Pizza Three Cheese Pizza Gourmet Salad

	November 24	November 25	November 26	November 27	November 28
Lunch Entree	Zesty Chicken Platter Seasoned Rice with Carrots Pick of the Day Vegetables	Honey Garlic Chicken Meatballs Seasoned Egg Noodles Garden Style Vegetables	Cheese Tortellini in Rosée Sauce Cocktail Vegetables	Lasagna (Beef) Mixed Vegetables	Chicken Souviaki Platter With Tzatziki and Pilaf Rice Peas & Carrots
Short Order	Cheeseburger Carrot Slaw	Santa Fe Veggie Burger Salad	Beef and Cheese Panini Salad	Chicken Fajita with Salsa Salad	Western Chipotle Pizza Three Cheese Pizza Mixed Green Salad
	December 1	December 2	December 3	December 4	December 5
Lunch Entree	Tomato & Cheese Macaroni Mixed Vegetables	Alfredo Ziti Al Forno (Chicken) Sunrise Vegetables	General Tao Seasoned Rice & Carrots Vegetable of the Day	Turkey Roast in Gravy Mashed Potatoes Stuffing, Peas & Carrots Cranberry Sauce	Butter Chicken Basmati Rice Peas
Short Order	Dumpling (Chicken) Edamame Cabbage Salad	Taco Bowl (Beef) Corn Salad	BBQ Rib Burger Carrots	Vegetarian Quesadilla Gourmet Salad	Mexican Pizza Three Cheese Pizza Mixed Green Salad
	December 8	December 9	December 10	December 11	December 12
Lunch Entree	Salisbury Steak with Gravy Mashed Potatoes Peas	Macaroni and Cheese Broccoli	Chicken Pot Pie Seasoned Rice with Carrots Mixed Vegetables	Chicken Fried Rice Edamame	Honey Garlic Chicken Meatballs Seasoned Egg Noodles Corn
Short Order	Chicken Quesadilla with Salsa Salad	Philly Steak Sub Mixed Green Salad	Hamburger Coleslaw	Fish & Dip Edamame Cabbage Salad	Vegetable Pizza Three Cheese Pizza Gourmet Salad
	December 15	December 16	December 17	December 18	December 19
Lunch Entree	Vegetarian Quiche Pick of the Day Vegetables	Korean Sesame Beef Basmati Rice Pick of the Day Vegetables	Vegetarian Lasagna (with Soya) Garden Style Vegetables	BBQ Chicken Leg Pilaf Rice Sunrise Vegetables	Florentine Pasta (Beef) Crinkled Carrots
Short Order	Multigrain Chicken Burger Salad	Chicken Sub Salad	Tex-Mex Turkey Burger Coleslaw	Mixed Deli Sandwich Gourmet Salad	Greek Pizza Three Cheese Pizza Gourmet 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.

** TVP-Textured Vegetable Protein is a plant-based protein made from soybean flour*