

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



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

High School Bistro Menu

January 5 to April 3, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 5	January 6	January 7	January 8	January 9
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
	January 12	January 13	January 14	January 15	January 16
Lunch Entree	Macaroni and Cheese Broccoli	General Tao Seasoned Rice & Carrots Pick of the Day Vegetables	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	Vegetarian Quesadilla Corn Salad	Vegetarian Frittata Potato Wedges Mixed Vegetables	Tuna Melt Crudit� & Dip	Mexican Pizza Three Cheese Pizza Mixed Green Salad
	January 19	January 20	January 21	January 22	January 23
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	Meatless Chili Wrap Salad	BBQ Grilled Chicken Sub Coleslaw	Chicken Chipotle Wrap Salad	Three Cheese Pizza Gourmet Salad
	January 26	January 27	January 28	January 29	January 30
Lunch Entree	Chickpea Butter Curry (Veg included in recipe) Basmati Rice	Tomato Meatball Pasta (Beef) Cocktail vegetables	Brunch for Lunch Pancake, Chicken Sausages Scrambled Eggs, Potato Wedges Syrup & Baby Carrots	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	Vegetarian Brunch Pancake, Scrambled Eggs Potato Wedges, Baby Carrots	Cheese Tortellini Take-Out Gourmet Salad	Greek Pizza Three Cheese Pizza Gourmet Salad

	February 2	February 3	February 4	February 5	February 6
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
	February 9	February 10	February 11	February 12	February 13
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
	February 16	February 17	February 18	February 19	February 20
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
	February 23	February 24	February 25	February 26	February 27
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

	March 9	March 10	March 11	March 12	March 13
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
	March 16	March 17	March 18	March 19	March 20
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	Vegetarian Quesadilla Corn Salad	Veggie Frittata Potato Wedges Peas & Carrots	Tuna Melt Crudit� & Dip	Mexican Pizza Three Cheese Pizza Mixed Green Salad
	March 23	March 24	March 25	March 26	March 27
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	Chicken Chipotle Wrap Salad	Three Cheese Pizza Gourmet Salad
	March 30	March 31	April 1	April 2	April 3
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	Good Friday
Short Order	Multigrain Chicken Burger Lettuce and Tomato	Chicken Caesar Wrap Coleslaw	Pulled Turkey / Pork Sandwich Gourmet Salad	Tandoori Tofu Burger 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