

School restaurant Lycée Claudel

SCHOOL YEAR 2022-2023



CP to TERMINAL

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1</p> <p>August 29th September 26th October 24th November 28th January 2nd</p>	<p>Chicken and vegetable soup</p> <p>Hamburger steak, gravy & onions</p> <p>Greek omelet</p> <p>Mashed potatoes Peas and carrot Garden salad</p>	<p>Pea soup</p> <p>Turkey burger <i>(lettuce, tomato, spicy mayonnaise)</i></p> <p>Black bean burger Roasted potatoes</p> <p>Coleslaw</p>	<p>Cream of vegetable soup</p> <p>Crispy fish fillet, Tartare sauce Egg noodles</p> <p>Spinach and ricotta cannelloni</p> <p>Green beans Caesar salad</p>	<p>Farmer's vegetable soup</p> <p>Maple glazed chicken Oven roasted baby potatoes</p> <p>Vegetarian burrito bowl</p> <p>Mix of broccoli, cauliflower, and yellow carrots Spring salad mix</p>	<p>Cream of broccoli soup</p> <p>Veal Marengo</p> <p>Ginger garlic tofu and vegetables stir fry</p> <p>Basmati rice Diced mixed vegetables Spinach and carrot salad</p>
<p>Week 2</p> <p>September 5th October 3rd November 7th December 5th</p>	<p>Cream of mushroom soup</p> <p>Oven baked chicken Schnitzel with salsa Herbed fusilli</p> <p>Chickpea and vegetable couscous</p> <p>Grilled cauliflower Market salad</p>	<p>Minestrone soup</p> <p>Beef fajitas</p> <p>Tofu and grilled vegetable fajitas</p> <p>Herbed rice Mix of green beans, carrots, yellow carrots, waxed beans Green mexican salad</p>	<p>Onion soup</p> <p>Spaghetti with meat and lentil sauce</p> <p>Broccoli and potato Frittata</p> <p>Bean medley Caesar salad</p>	<p>Tomato and quinoa soup</p> <p>General Tao chicken</p> <p>General Tao tofu</p> <p>Rice vermicelli Edamame and carrots Oriental coleslaw</p>	<p>Vegetable soup</p> <p>Italian style pita</p> <p>Salmon pie, with egg sauce</p> <p>Green peas Mediterranean salad</p>
<p>Week 3</p> <p>September 12th October 10th November 14th December 12th</p>	<p>Chicken noodle soup</p> <p>BBQ meatballs</p> <p>Fish fillet, spinach sauce</p> <p>Mashed potatoes Broccoli, carrots, and cauliflower Chef salad</p>	<p>Lentil soup</p> <p>Teriyaki chicken</p> <p>Teriyaki tofu</p> <p>Parsley rice Oven baked vegetables Carrot salad</p>	<p>Cream of chicken soup</p> <p>Vegetarian pie <i>(lentils, black beans, chickpeas)</i></p> <p>Mac'n cheese</p> <p>Broccoli Caesar salad</p>	<p>Cream of carrot soup</p> <p>Beef and vegetable stew Egg noodles</p> <p>Chili Sin Carne Rice and corn</p> <p>Mix of green beans, yellow and orange carrots, waxed beans, broccoli Chef salad</p>	<p>Beef and barley soup</p> <p>Crispy chicken bites and spicy dip Oven baked potatoes</p> <p>Legume curry Naan bread</p> <p>Mix of broccoli, cauliflower, and yellow carrots Coleslaw</p>
<p>Week 4</p> <p>September 19th October 17th November 21st December 19th</p>	<p>Cream of tomato soup</p> <p>Jerk chicken leg Jamaican rice</p> <p>Black bean and sweet potato burrito</p> <p>Corn and red peppers Garden salad</p>	<p>Chicken noodle soup</p> <p>Oriental platters <i>(pineapple chicken, vegetable and egg fried rice, chop suey)</i></p> <p>Pita with falafels, tzatziki sauce</p> <p>Mixed vegetables Oriental salad</p>	<p>Vegetable soup</p> <p>Lasagna with meat sauce</p> <p>Provencal quiche with feta cheese</p> <p>Green beans Caesar salad</p>	<p>Cream of squash soup</p> <p>Chicken Parmigiana</p> <p>Fish tacos</p> <p>Basmati rice Broccoli and cauliflower Market salad</p>	<p>Oriental soup</p> <p>Shepherd's pie</p> <p>Goat cheese and grilled vegetable flat bread sandwich</p> <p>Mix of green beans, carrots, yellow carrots, waxed beans</p>

MEAL PLANS INCLUDE :

- > soup or vegetable juice 200 ml
- > main course
- > bread (if it is not a part of the main courses)
- > a drink (water, milk 237 ml or juice 200 ml)
- > dessert - fresh fruit, yogurt 100 g, fruit salad apple sauce (or on special days : cookie, cake, etc.)

Annual plan : 1 133,15 \$
90 meals : 657 \$
50 meals : 375 \$
UNIT PRICE : 8,00 \$

KINDERGARTEN PETITE SECTION

MANDATORY ANNUAL PLAN INCLUDING :

- Main course
- drink (water or milk or juice)
- dessert
- 2 snacks per day

Annual plan : 1 167,75 \$
"MOYENNE and GRANDE" SECTIONS

MEAL PLANS INCLUDE :

- Main course
- drink (water or milk or juice)
- dessert
- 1 snack per day

Annual plan : 1 236,95 \$
90 MEALS : 702 \$
50 MEALS : 405 \$
UNIT PRICE : 8,50 \$

The Zipthru card is a great and easy method of payment! Available at the Lycée Claudel School Resto!

For more information, visit our website
www.Chartwellsk12.ca

Other methods of payment are also available for your convenience.

**Menus are subjected to change, depending on product availability and seasons.
Meals on this menu do not contain any pork products.**

