

Menu 1 / Kindergarten - Lycée Claudel

Date :

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheese and crackers	Raw vegetable and dip	Mini vegetable and turkey wrap	Hummus and pita bread	Edamame and flat bread
Lunch	Hamburger steak, gravy & onions Mashed potatoes Peas and carrots Fresh fruit	Turkey burger (<i>ketchup and mayonnaise</i>) Creamy Coleslaw Fresh fruit	Spinach and ricotta cannelloni Green beans Fresh fruit	Crispy fish fillet With egg noodles Tartare sauce Oven roasted baby potatoes Mix of broccoli, cauliflower, and yellow carrots Fresh fruit	Ginger garlic tofu and vegetable stir-fry Basmati rice Mix of carrots, green beans, peas and corn Fresh fruit
Afternoon snack "Petite" section Only	Apple sauce and cookies	Oatmeal cookie and milk	Clementine and milk	Yogurt and cookies	Fruit muffin and milk

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

Menu 2/ Kindergarten - Lycée Claudel

Date :

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheese and crackers	Raw vegetable and dip	Mini wrap with turkey and vegetable	Hummus and pita bread	Edamame and flat bread
Lunch	Vegetable and chickpea couscous Broccoli Fresh fruit	Beef fajitas Herbed rice Chef salad Fresh fruit	Spaghetti, tomato sauce and mozzarella cheese Bean medley Fresh fruit	Crispy chicken bites and dip Edamame and carrots Roasted potatoes Fresh fruit	Salmon pie Seasonal vegetable Fresh fruit
Afternoon snack "Petite" section Only	Apple sauce and cookies	Oatmeal cookie and milk	Clementine and milk	Yogurt and cookies	Fruit muffin and milk

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Menu 3 / Kindergarten - Lycée Claudel

Date :

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheese and crackers	Raw vegetable and dip	Mini wrap with turkey and vegetable	Hummus and pita bread	Edamame and flat bread
Lunch	Fish fillet, with butter and lemon Couscous with green peas Fresh fruit	BBQ meatballs Fusilli pasta Mixed vegetable Fresh fruit	Teriyaki tofu Basmati rice Broccoli Fresh fruit	Mac'n cheese Green salad Fresh fruit	Crispy chicken bites and ranch dip Oven baked potatoes Baby carrots Fresh fruit
Afternoon snack "Petite" section Only	Apple sauce and cookies	Oatmeal cookie and milk	Clementine and milk	Yogurt and cookies	Fruit muffin and milk

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Menu 4 / Kindergarten - Lycée Claudel

Date :

Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cheese and crackers	Raw vegetable and dip	Mini wrap with turkey and vegetable	Hummus and pita bread	Edamame and flat bread
Lunch	Roasted chicken with herbs Cinnamon infused rice Peas and carrots Fresh fruit	Black bean and sweet potato burrito Buttered squash Fresh fruit	Lasagna with meat sauce Green beans Fresh fruit	Chicken Parmigiana Parsley pasta Broccoli Fresh fruit	Vegetarian shepherd's pie Market salad Fresh fruit
Afternoon snack "Petite" section Only	Apple sauce and cookies	Oatmeal cookie and milk	Clementine and milk	Yogurt and cookies	Fruit muffin and milk

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