

# 2021-2022 Primary



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	À la carte
<b>WEEK #1 ; Sept 1st, Oct 4th, Nov 8th, Dec 13th, Jan 31st, March 14th, April 18th, May 23rd</b>						Small soup 1,50\$ Large soup 2,00\$ Small caesar salad 3,00\$ Large caesar salad 4,50\$ Meal salad ; eggs, ham, chicken or tuna 5,50\$ Vegetables and dip plate 1,50\$ Cheese 1,25\$ Sandwich or wrap ; eggs, ham, chicken or tuna 3,50\$ Hot grilled cheese sandwich (with vegetables and dip) 3,25\$ Whole wheat bagel with cream cheese (with vegetables and dip) 3,25\$ Tomato pizza 2,50\$ Dessert of the day 1,25\$ Homemade muffin 1,00\$ Homemade oatmeal cookie 1,25\$ Fruit 0,75\$ Milk 200ml 1,00\$ Chocolat milk 200ml 1,50\$ Fruit juice 1,25\$ Fruit snack 0,50\$ Vegetables chips 1,25\$ Pop corner 2,00\$ Corn nuts 1,50\$
<b>SOUP</b>	Chicken noodle soup	Beef and barley soup	Cabbage soup	Minestrone soup	Cream of carrots	
<b>DAILY MENU</b>	Pasta with chef's sauce with vegetables and dip	Poutine with house chicken and peas sauce	Beef tacos, lettuce and cheese with mexicain rice 🍴	Egg sandwich on English muffin with ham and cheese 🍴 With a garden salad 🍴	Chicken meatballs with general tao sauce, rice and vegetables	
<b>DESSERT</b>	Muffins 🌿	Fruit salad	Coconut pie	Chef's cake 🌿	Fruit crisp 🌿	
<b>WEEK #2 ; Sept 6th , Oct 11th , Nov 15th, Dec 20th, Jan 6th, Feb 7th, March 21st, April 25th, May 30th</b>						
<b>SOUP</b>	Beef and noodle soup	Chicken and vegetable soup	Lentil soup	Tomato and rice soup	Creamy sweet potato soup	
<b>DAILY MENU</b>	Fish stick and oven potatoes with coleslaw	Pork and beef sausages with mashed potatoes and vegetables 🐷	Caesar salad with chicken or grilled tofu 🍴	Beef or chicken burger with vegetables and dip	Lasagna with salad 🍴	
<b>DESSERT</b>	Fruit yogurt	Ice cream	Fresh fruit	Fridge cake	Ice cream	
<b>WEEK #3 ; Sept 13rd, Oct 18th, Nov 22nd, Jan 10th, Fev 14th, March 28th, May 2nd, June 6th</b>						
<b>SOUP</b>	Chicken and vegetable soup	Beef and rice soup	Tomato and noodle soup	Minestrone soup	Cream of the day	
<b>DAILY MENU</b>	Swedish meatballs with mashed potatoes and green beans	Spaghetti with meat sauce and caesar salad 🍴	Pizza with vegetables and dip 🍴	Chef's choice chicken drumsticks with rice and vegetables	Submarines chef's choice	
<b>DESSERT</b>	Fruit sauce	Flavoured squash brownies	Fresh fruit	Mousse or pudding	Apple cake fruit crisp style 🌿	
<b>WEEK #4 ; Sept 20th, Oct 25th, Nov 29th, Jan 17th, Fev 21st, April 4th, May 9th, June 13th</b>						
<b>SOUP</b>	Tomato and rice soup	Beef and barley	Pea soup 🍴	Chicken noodle soup	Creamy garden soup	
<b>DAILY MENU</b>	Hamburger steak with mashed potatoes and vegetables	Pasta vol au vent style with chicken. Vegetables and dip	Pancake/french toast with sausages fresh fruits and beans 🐷	Fish burger, coleslaw and oven potatoes	Vegetarian mexican casserole burrito style with corn chips and lettuce 🍴	
<b>DESSERT</b>	Fruit yogurt	Banana cake 🌿	Fresh fruit	Pudding chômeur 🌿	Rice Krispies	
<b>WEEK #5 ; Sept 27th, Nov 1st, Dec 6th, Jan 24th, March 7th, April 11th, May 16th, June 20th</b>						
<b>SOUP</b>	Chicken and rice soup	Beef and vegetables soup	Tomato and noodle soup	Lentil soup 🍴	Onion soup	
<b>DAILY MENU</b>	Beef macaroni with vegetables and dip 🍴	Croque monsieur with ham, cheese and tomato with chef's salad 🐷	Shepherd's pie with beet salad 🍴	Chicken brochette with rice and steamed vegetables	Tuna or chicken roll, vegetables and dip with vegetable chips	
<b>DESSERT</b>	Fruit yogurt	Fruit strudel	Fresh fruit	Fruit cupcakes 🌿	Oatmeal cake	

## LEGEND :

- Whole grains added (bread / flour)
- 🌿 Fibres added (legumes / vegetable protein)
- 🍴 Vegetarian option
- 🐷 Contains pork

**FULL MEAL ; 6,00\$**  
**PLATE ; 4,25\$**

**P'TITS CREUX CARD ; 20,00\$**  
**FIVE PLATES CARD ; 21,00\$**  
**FIVE MEALS CARD ; 29,00\$**  
**THIRTY MEALS CARD ; 170\$**  
**YEAR PLAN ; 100,00 / MONTH**