

		Monday	Tuesday	Wednesday	Thursday	Friday	P
26/Aug	27/Jan	Beef & Vegetable soup	Chicken Noodle soup	Tomato & Barley soup	Italian soup ♣	Cream of the Day	Small soup 1,00\$ - large soup 1.50 \$
30/Sep	9/Mar	Pasta with	Beef Tacos ♣	Homemade Chicken	Submarine	Tourtière & meatballs	Vegetables & dip 1.25 \$
4/Nov	13/Apr	Rosé Sauce	Lettuce, Cheese	Poutine	Lettuce	Mashed Potatoes	Small/Large Caesar Salad 2,75\$ - 4.00 \$
9/Dec	18/May	Green Salad	Salsa - Sour cream	Green Peas	Vegetables	Vegetables	Meal Salad (Egg-ham-chicken) 5.50 \$
		Muffins ♥	Fruit Salad	Oatmeal Cookie ♥	Cake of the Day ♥	Fruit Crisp ♥	Cheese Stick 1.25 \$
2/Sep	3/Feb	Tomato Noodle soup	Chicken & Barley soup ♣	Beef & Rice soup ♣	Vegetable soup ♣	Cream of the Day	Ham or Chicken Wrap 3.00 \$
7/Oct	16/Mar	Fish Bites	Lasagna ♣	Chicken Stuffed Buns	Pork & Beef sausages	Swedish Meatballs ♣	Egg/ham/chicken Sandwich ♥ 3.00 \$
11/Nov	20/Apr	Corn	Caesar salad	Chicken Caesar Salad	Mashed Potatoes	Steamed Rice	Grilled Cheese sandwich ♥ 3.00 \$
16/Dec	25/May	Rice with vegetables	Mousse of the Day	Fresh Cut Vegetables	Mixed Vegetables	Mixed Vegetables	Wheat Bagel with Cream Cheese ♥ 3.00 \$
		Yogurt & Fresh Fruits		Pudding of the Day	Cookie of the Day ♥	Fruity upside-down Cake ♥	Dessert of the day 1.00 \$
9/Sep	10/Feb	Beef & Barley soup	Tomato & Rice soup ♣	Chicken & Vegetable soup	Lentil soup ♣	Cream of vegetable	Homemade Muffin ♥ 1.00 \$
14/Oct	23/Mar	Spaghetti ♣	Scrambled eggs with	Homemade Pizza ♣	BBQ Chicken	Beef / chicken Burger	Fresh fruit 0.75 \$
18/Nov	27/Apr	Caesar salad	Sausage on a Bagel	Fresh Cut Vegetables	Leg or Drumstick	Cheese, Lettuce, Tomato	Homemade Oatmeal Cookie ♥ 1.00 \$
6/Jan	1/Jun	Garlic Bread ♥	Green Salad		Potatoes & Vegetables	Fresh Cut Vegetables	Real fruit gummies 0.50 \$
		Yogurt & Fresh Fruits	Fruit Strudel	Brownies ♥	Fruit Sauce	Fruit Flavored Jelly	Milk 1.00 \$
16/Sep	17/Feb	Chicken & Rice soup	Vegetable soup ♣	Pea soup ♣	Onion soup	Cream of the Day	Chocolate Milk 1.25 \$
21/Oct	30/Mar	Hamburger steak	Asian Chicken Meatballs	Pancake /	Fish Burger	Vegetarian Chilli ♣	Fruit juice 1.00 \$
25/Nov	4/May	Mashed Potatoes	Rice	French Toast	Oven Potatoes	with vegetables	Veggie Chips 1.25 \$
13/Jan	8/Jun	Vegetables	Vegetables	Sausage & Beans ♣	Coleslaw	Rice	Popcorn 1.50 \$
		Yogurt & Fresh Fruits	Banana Cake ♥	Fruit Sauce ♥	Pudding of the Day	Mousse of the Day	Corn nuts 1.50 \$
23/Sep	24/Feb	Chicken & Vegetable soup	Beef & Noodle soup	Tomato & Rice soup ♣	Cabbage soup	Cream of Carrot	Fortune Cookies 0.25 \$
28/Oct	6/Apr	Macaroni ♣	Fish Sticks	♣ Shephard's Pie	Happy face Pita ♣	Sweet & Sour Ham	
2/Dec	11/May	Meat Sauce	Oven Potatoes	Beet Salad	Fresh Cut Vegetables	Vegetables	
20/Jan	15/Jun	Caesar Salad	Vegetables			Mashed Potatoes	♣ Contains fibers (legumes)
		Yogurt & Fresh Fruits	Cupcake	Pudding Chomeur ♥	Custard Dessert	Cookie of the Day ♥	♥ Bread or whole wheat grain)

Complete Meal: soup, main dish, dessert and juice, milk or water  
Cash: 5,75\$

5 meal card : 28\$ (5,60\$ each meal)

30 meal card : 168\$ (5,60 each meal)

Full year one child : 99\$ / month (5,50\$ each meal)

Two children : 196\$ / month (5,45\$ each meal)

Three children : 292\$ / month (5,42\$ each meal)

Full year main dish only: 72 \$ / month ( 4 \$ each plate)

**Main Dish Only, 4,25\$ or 5 dishes for 21,00\$ (including 75-100 grams of protein, starch and vegetables)**

**Prices may vary for special lunches (Welcome Back to School, Halloween, Christmas, ...)**

*It is possible to replace the main dish with a sandwich or one grilled cheese sandwich with vegetables and dip. The meal cards are available at the cafeteria. You can send cash or a check payable to "les P'tits Becs Fins" in an envelope with the child's name and group number.*

**\*\*Grill cheeses will only be available Mondays and Wednesdays.**

Menus are subject to changes according to the availability of seasonal products.

**For information, call Jacqueline Mercier: (514) 884-3610 [lesptitsbecsfins@hotmail.ca](mailto:lesptitsbecsfins@hotmail.ca)**