

Lester-B.-Pearson School Board

SCHOOL YEAR 2024-2025



Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

Week 1

Aug. 26
Sep. 23
Oct. 21
Nov. 18
Dec. 16
Jan. 27
Feb. 24
Mar. 24
Apr. 21
May 19
June 16

Week 2

Sep. 02
Sep. 30
Oct. 28
Nov. 25
Jan. 06
Feb. 03
Mar. 03
Mar. 31
Apr. 28
May 26

Week 3

Sep. 09
Oct. 07
Nov. 04
Dec. 02
Jan. 13
Feb. 10
Mar. 10
Apr. 07
May 05
June 02

Week 4

Sep. 16
Oct. 14
Nov. 11
Dec. 09
Jan. 20
Feb. 17
Mar. 17
Apr. 14
May 12
June 09

Cream of Mushroom Vegetarian Curry (Lab 22) BBQ Chicken Drumsticks Parsley Rice Green Beans Green Salad with Red Cabbage	Vegetable Soup Fish Burger Homemade Pork Souvlaki Roasted Potatoes Glazed Carrots Spinach Salad	Carrot Soup Lentil Meatballs (Lab 22) Chicken Pot Pie Mashed Potatoes Green Peas Chef Salad	Chicken and Rice Soup Tofu Spinach Lasagna (Lab 22) Korean Veal Patty Pasta Sauteed Vegetables Caesar Salad	Cream of Vegetable Vegetarian Shredded (Lab 22) Portuguese Style Chicken Herbed Rice Cooked Edamame Creamy Coleslaw
Carrot and Sweet Potato Coconut Cream Soup Broccoli and Cheese Frittata BBQ Meatballs Barley Roasted Zucchini Spring Salad	Beef and Barley Soup North African Style Falafel and Couscous (Lab 22) Butter Chicken Basmati Rice Broccoli Florets Fattoush Salad	Chicken Noodle Soup Florentine Fish Roulade Italian Pita Lentil Salad California Vegetables Caesar Salad	Cream of Cauliflower Soup Pasta with Beans and Broccoli (Lab 22) Chicken Parmesan Egg Noodles Green Beans Spinach Salad	Minestrone Soup Macaroni & Cheese Sweet and Sour Pork Parsley Potatoes Sauteed Asian Vegetables Market Greens Salad
Onion Soup Pasta and Lentils (Lab 22) Teriyaki Chicken Rice Vermicelli Noodles California Vegetables Caesar Salad	Tomato Soup Chimichurri Fish Honey Mustard Pork Roasted Potatoes Cauliflowers and Broccoli Green Salad with Basil and Chives	Carrot and Ginger Soup Chili Sin Carne Baked Tortilla Chips Turkey Burger Corn with Red Peppers Pineapple Cabbage Salad	Mexican Soup Pasta Primavera (Lab 22) Shepperd's Pie Cumin Carrots Tomato and Cucumber Salad	Lentil Soup Moroccan Style Tofu Tandoori Chicken Basmati Rice Sesame Green Beans Carrot Salad
Cream of Chicken Soup Bruschetta Fish Filet Lyonnaise Steak Mashed Potatoes Sweet Peas Red Cabbage Salad	Creole Soup with Pasta Vegetarian Tex-Mex Homemade Chicken Bites Roasted Potatoes Roasted Zucchini Spring Salad	Shepperd's Soup Tofu and vegetable stir-fry Greek Chicken Pita Rice Vermicelli Noodles Roasted Vegetables Market salad	Pea Soup Cheese Tortellini with Rosé Sauce Pork Curry Basmati Rice Broccoli Florets Caesar Salad	Asian-Style Soup Baked Seafood Rotini General Tao Chicken Brown Rice Edamame Asian Salad

Menu of the day price

included:
- Main course
- Milk
- Dessert

\$4.69

"Zipthru cards" are an easy method of payment, available in your cafeteria!

Visit it
www.Chartwellsk12.ca
for more information.



Your child can use cash to pay or their Zipthru card or Interac, available in most schools



Vegetarian options are noted in green.

Les menus sont assujettis à des modifications selon la disponibilité des produits et de la saison.