



Menu of the day

- included:
- Main course
 - Milk 200 ml
 - Dessert of the day

\$4.83

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCHOOL YEAR 2025-2026	WEEK 1	Aug. 25 Sep. 22 Oct. 20 Nov. 17 Dec. 15 Jan. 26 Feb. 23 Mar. 23 Apr. 20 May 18 June 15 Chicken and vegetable soup Veal parmigiana <i>*Tofu Tao¹</i> <i>(A. Bilodeau, sec. 1)</i> Egg noodles Green beans Caesar salad	Lentil soup Portuguese-style chicken leg Barley pilaf Mac and cheese Mixed vegetable Fusion salad	Cream of Chicken soup Greek plate <i>(marinated pork, garlic rice, tzatziki sauce, quarter of pita)</i> Fish-bruschetta Rice with garlic and oregano Buttered broccoli Greek salad	Vegetable soup Chicken, creamy pesto sauce Linguine Sweet potato and black bean wrap Mexican vegetables Coleslaw	Cream of broccoli soup Hamburger Steak with Lyonnaise sauce Mashed potatoes Banh-mi sandwich¹ <i>(M.-É. Gonthier, enseignante)</i> Parsley carrots Garden salad
	WEEK 2	Sep. 01 Sep. 29 Oct. 27 Nov. 24 Jan. 05 Feb. 02 Mar. 02 Mar. 30 Apr. 27 May 25 Cream of mushroom soup Hot chicken on a bun Florentine fish roulade Rice and lentils Green peas Market salad	Onion soup Lasagna Falafel pita Sautéed zucchini with herbs Caesar salad	Minestrone soup Teriyaki chicken Couscous Tofu fried rice Broccoli florets Spinach salad	Cream of vegetable soup Meat burrito <i>*Chickpea curry</i> Basmati rice Vegetables San Francisco Creamy carrot salad	Tomato and quinoa soup Barbecue chicken pizza Layered grilled vegetables and ricotta¹ <i>(W. Hudon, sec. 2)</i> Mixed vegetables Italian-style Mesclun salad
	WEEK 3	Sep. 08 Oct. 06 Nov. 03 Dec. 01 Jan. 12 Feb. 09 Mar. 09 Apr. 06 May 04 June 01 Chicken noodle soup Shanghai beef meatballs Mashed potatoes Indian-style Dahl Half a naan bread Florentine vegetables Chef's salad	Cream of squash soup Sweet and sour pork strips Quinoa Tuna casserole Carrots with cumin California salad	Vegetable soup Italian Pita <i>*Vegetable and cheese omelet</i> Parisien vegetables Market salad	Cream of carrot soup Butter chicken Fish fillet in a herb crust Steamed rice Bean duo Green salad with red cabbage	Asian-style soup Chinese macaroni Vegetarian chili wrap¹ <i>(V. Fournier, enseignante)</i> Stir-fried Asian vegetables Spinach and carrot salad
	WEEK 4	Sep. 15 Oct. 13 Nov. 10 Dec. 08 Jan. 19 Feb. 16 Mar. 16 Apr. 13 May 11 June 08 Beef and barley soup Pulled pork Parmentier Tex-Mex veggie bowl Rice Grilled vegetables Market salad	Chicken and rice soup Pasta with meat sauce <i>*Quinoa with chickpeas and vegetables¹</i> <i>(C. Binet, sec. 1)</i> Broccoli Caesar salad	Cream of tomato soup with basil Cajun chicken burger Broccoli and cheese quiche Mixed vegetable Coleslaw	Cream of turnip soup Shepherd's Pie <i>*Garden Gratin</i> Fusion mixed vegetable Mediterranean salad	Beef and quinoa soup Chicken cacciatore Fish tacos (2) Pilaf rice Peas and carrots Corn and bell pepper salad



*Plate registered with Aliments du Québec au menu./Contains 50% more ingredients of certified Quebec origin. Menus are subject to change according to the season (the identified dishes/products may be modified depending on the availability of supplies when preparing the recipes.) and the product availability



**Dishes part of our vegetarian offer.



¹ Dish from the winning student of the vegetarian recipe competition in partnership with Lab22.