

Montessori Pointe Claire

Sample Menu of the month

Safely home-made in our kitchen with care and love

Week of: Semaine de:	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi
Week 1	Asparagus soup Beef stroganoff Corn Apple slices	Vegetable soup Baked Panko covered fish filets Roast Potatoes Fresh orange wedges	Pumpkin soup Sloppy Joes Green beans Banana	Carrot soup Chicken broccoli divan Rice pilaf Cantaloupe	Vegetables and dip Spaghetti with Tomato Sauce Strawberries
Week 2	Sweet potato soup Margarita pizza Corn Banana	Swedish cabbage soup Meatballs with noodles Carrots Grapes	Couscous Salad Gigi's Butter chicken and Whole wheat pita bread Melon	Cheese cubes Pasta with sauteed vegetables Oranges	Minestrone soup Roasted pepper and ricotta wraps Corn Watermelon
Week 3	Cucumber slices Macaroni and cheese Orange slices	Pea soup Lentil burritos Rice pilaf Carrots Apples	Egg rolls Sweet and sour pineapple chicken Chinese noodles Grapes	Garden salad Spinach lasagna Garlic bread Asian melon	Vegetable soup Chickpea and carrot loaf Roast potatoes Grapes
Week 4	Celery soup Bagels with cream cheese Corn Grapes	Vegetable barley soup Meat loaf Mashed potatoes Carrots Cantaloupe	Chicken noodle soup Grilled cheese sandwiches Green beans Orange slices	Broccoli soup Fish fillet parmigiana Rice pilaf Watermelon	Couscous salad Vegetarian chili Pita bread Broccoli Banana

Milk and water are served at lunch as well as during morning and afternoon snack.