


Menu : February 2021 février

Week of: Semaine de:	Monday lundi	Tuesday mardi	Wednesday mercredi	Thursday jeudi	Friday vendredi
February février					
February février 1-5	Carrot soup Egg salad and cheese sandwiches Corn Fresh fruit	Carrot soup Pancakes with apple sauce Turkey sausage Fresh Fruit	Tomato basil soup Shepherd's pie Steamed carrots Fresh fruit	Pea soup Fish fillet parmigiana Couscous Peas Fresh fruit	Vegetable soup Spaghetti with meatballs Green beans Fresh fruit
February février 8-12	Broccoli cheddar soup Ratatouille with egg noodles Mixed vegetables Fresh fruit	Vegetable soup Homemade chicken burgers Roasted potatoes Fresh fruit	Tomato soup Montreal style bagels with cream cheese Cauliflower Fresh fruit	Tomato rice soup Spinach and feta quiche Steamed Carrots Fresh fruit	Chinese New Year Dumplings Vegetable chow Mein Chicken and broccoli Fresh fruit
February février 15-19	Cream of vegetable soup Vegetarian Sloppy Joes Home Fries Fresh fruit	Broccoli soup Homemade pizza with tomato sauce and cheese Corn Fresh fruit	Seasonal vegetable soup Crispy crumbly baked fish Buttered noodles Fresh fruit	Cauliflower soup Gigi's butter chicken Rice pilaf Broccoli Fresh fruit	Sweet potato soup Sliced turkey and cheese sandwiches Baby carrots Fresh fruit
February février 22-26	Spinach soup Cheese tortellini with rosé sauce Mixed vegetables Fresh fruit	Beef and barley soup Chicken salad Roll-ups Green and yellow beans Fresh fruit	Creamy curried cauliflower soup Salmon loaf Rice pilaf Corn Fresh fruit	Pea soup Homemade mac and cheese Mixed broccoli and cauliflower Fresh fruit	Greek salad Vegetable patties Couscous Tzatziki with pita bread Fresh fruit

A fresh fruit is served at each lunch.

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

