

Mai 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Skewers Noodles & vegetables  Vegetarian: Frittata Fresh Fruit	2 Smoked Turkey Quiche Mediterranean Salad  Vegetarian: Grilled Vegetable Quiche Fresh Fruit	3 Warm Chicken Wrap Crispy Romaine Salad  Vegetarian Wrap Fresh Fruit	4 Crispy Pork Veggies and Rice  Vegetarian: Asian BBQ Tofu Soba Noodles From the Bakery
7 Roasted Vegetable Tomato Soup Warm Smokey Sausage on a Ciabatta bun  Vegetarian: Falafel Sandwich Fresh Fruit	8 Lamb Brochettes Couscous, dried fruit Pita Bread Vegetarian: Coconut Ragout, Vegetable Pakoras Fresh Fruit	9 Roasted Chicken Tomato Fennel Sauce Cous cous & Vegetables Vegetarian: Spanish Frittata Fresh Fruit	10 Warm Montreal Smoked Beef Pretzel Bun, Onion Chutney & Cheese Crisp Romaine Salad Vegetarian: Pretzel Bun & Grilled Vegetables Fresh Fruit	11 Crispy Pork Veggies and Rice  Vegetarian: Asian BBQ Tofu Soba Noodles From the Bakery
14 Roasted Vegetable Tomato Soup Smoked Turkey and Cheese Sandwich  Vegetarian: Grilled Peppers, Cucumber and Hummus Fresh Fruit	15 Maple BBQ Chicken Tomato Fennel Sauce Orzo Primavera Vegetarian : Panisse a L'Italienne Fresh Fruit	16 Lamb Brochettes Pita Bread Couscous, dried fruit Vegetarian: Samosas Fresh Fruit	17 BBQ Ribs Bean and Corn Salad  Vegetarian : Lentil Cassoulet Fresh Fruit	18 Breaded Chicken cutlets Vegetable & Feta Cheese Salad  Vegetarian : Vegetarian Tart From the Bakery
21 Stat	22 Pedagogique	23 Warm Smokey on a Ciabatta bun House Salad  Vegetarian: Falafel Ciabatta Bun Fresh Fruit	24 Lamb Brochettes  Couscous, dried fruit Vegetarian: Samosas Fresh Fruit	25 Asian BBQ Chicken Steamed Rice & Veg.  Vegetarian: Asian BBQ Tofu Soba Noodles From the Bakery
28 Carrot and Ginger Soup Deli style and Cheese Sandwich  Vegetarian: Grilled Peppers, Cucumber and Hummus Fresh Fruit	29 Ginger Beef Rice & Sweet Peas  Vegetarian: Asian BBQ Tofu Soba Noodles Fresh Fruit	30 BBQ Chicken House Salad Fresh Corn  Vegetarian Frittata Fresh Fruit	31 BBQ Ribs Bean and Corn Salad  Vegetarian : Lentil Cassoulet Fresh Fruit	