

# Mai 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham and Cheese Quiche Mediterranean Salad  Vegetarian: Quiche Fresh Fruit	2 BBQ Ribs Italian Salad  Vegetarian: Pierogis, Tomato Basil sauce Fresh Fruit	3 Chicken Brochettes tabbouley Salad Grilled Pita Vegetarian: Samosas From the Bakery
6 Roasted Carrot and Ginger Roasted Chicken Sandwich on Multigrain  Vegetarian: Hummus, Cucumber & Roasted Vegies Fresh Fruit	7 Ham and Cheese Quiche Mediterranean Salad  Vegetarian: Quiche Fresh Fruit	8 BBQ Chicken Pasta Primavera  Vegetarian: Polenta & Vegetable Stack Fresh Fruit	9 Warm Montreal Smoked Beef Pretzel Bun, Onion Chutney & Cheese Crisp Romaine Salad Vegetarian: Pretzel Bun & Grilled Vegetables Fresh Fruit	10 Lamb Brochettes tabbouley Salad Grilled Pita Vegetarian: Samosas From the Bakery
13 Roasted Carrot and Ginger Salami, smoked turkey & cheese Sandwich  Vegetarian: BBQ Tofu & Vegetable Sandwich Fresh Fruit	14 Ginger Beef Rice & Veg  Vegetarian: Grilled Tofu and Soba Noodle Fresh Fruit	15 Warm Chicken Burrito Crip Romaine Salad  Vegetarian: Spanish Black Bean Burrito Fresh Fruit	16 BBQ Ribs Quinoa and Legumes  Vegetarian: Pierogis, Tomato Basil sauce Fresh Fruit	17 Korean Chicken Rice and Legumes  Vegetarian: Asian BBQ Tofu Soba Noodles From the Bakery
20  Stat	21  Journee Pedagogique	22 Warm Chicken Burrito Crip Romaine Salad  Vegetarian: Spanish Black Bean Burrito Fresh Fruit	23 Breaded Pork Cutlets Rice and Vegetable Medley  Vegetarian: Pierogis, Tomato Basil sauce Fresh Fruit	24 Warm Montreal Smoked Beef Pretzel Bun, Onion Chutney & Cheese Crisp Romaine Salad Vegetarian: Pretzel Bun & Grilled Vegetables From the Bakery
27 Roasted Vegetable, Tomato Bisque Salami, smoked turkey & cheese Sandwich  Vegetarian: BBQ Tofu & Vegetable Sandwich Fresh Fruit	28 BBQ Chicken Pasta Primavera  Vegetarian: Polenta & Vegetable Stack Fresh Fruit	29 Warm Montreal Smoked Beef Pretzel Bun, Onion Chutney & Cheese Crisp Romaine Salad Vegetarian: Pretzel Bun & Grilled Vegetables Fresh Fruit	30 BBQ Ribs Quinoa and Legumes  Vegetarian: Pierogis, Tomato Basil sauce Fresh Fruit	31 Turkey Sausages, Sauce Maison Cous Cous Salad  Vegetarian: Mediterranean Ragout, Puff pastry From the Bakery