

# MARS

## LA CANTINE | LUNCH MENU



Menu subject to change without notice









### LUNDI MONDAY

### MARDI TUESDAY

### MERCREDI WEDNESDAY

### JEUDI THURSDAY

### VENDREDI FRIDAY

<p><b>NOTES:</b></p> <p><b>D</b> dairy <b>G</b> gluten <b>P</b> pork <b>B</b> beef</p> <p>Always a vegetarian option to replace protein in each meal</p>		<p>1</p> <p>Croissant au jambon et fromage <b>D G P</b> House cut chips Carrot sticks Grapes</p>	<p>2</p> <p>Sweet and sour Kumquat chicken Broccoli Fried rice Cucumber Salad</p>	<p>3</p>  <p>Crispy Catfish <b>G</b> Mac and Cheese <b>G D</b> Broccoli Corn</p>
<p>6</p> <p>Pulled pork <b>P</b> Black eyes peas Cabbage Carrot cake <b>G</b></p>	<p>7</p>  <p><b>Tacos!</b> Shredded chicken Black beans Brown rice Salsa, lettuce, cheese <b>D</b></p>	<p>8</p> <p>Chicken fingers <b>G</b> Sweet potato Peas Chocolate cake <b>G</b></p>	<p>9</p> <p>Beef Bourguignon Roasted Potato Carrots Mushrooms</p>	<p>10</p> <p>Crispy eggplant Marinara Pasta Cauliflower Salad</p>
<p>13</p> <p>Red beans Brown rice Sausage Green beans Cornbread <b>G</b></p>	<p>14</p> <p>Pasta carbonara <b>G D P</b> Peas Zucchini Cannoli <b>G D</b></p>	<p>15</p> <p>Sliders (beef or veggie burger) <b>G</b> Thick cut fries Cheddar cheese, Lettuce, tomato, homemade pickles</p>	<p>16</p> <p>Herb Chicken Yukon Gold potato Green beans Lemon cake <b>G</b></p>	<p>17</p>  <p><b>St. Patrick's Day</b> Corned Beef Cabbage Potato Soda Bread Leprechaun Lemonade</p>
<p>20</p> <p>Buffalo Cauliflower <b>G</b> Greek yogurt ranch <b>D</b> Cucumbers, carrots, celery</p>	<p>21</p> <p><b>Tacos!</b> Shredded chicken Black beans Brown rice Salsa, lettuce, cheese <b>D</b></p>	<p>22</p> <p>Chicken fingers <b>G</b> Sweet potato Peas Chocolate cake <b>G</b></p>	<p>23</p> <p>Moroccan chicken stew Couscous <b>G</b> Roasted Carrots Beet salad Crispy chickpeas</p>	<p>24</p> <p>Ravioli <b>G D</b> Tomato sauce Garlic bread <b>G</b> Green salad</p>
<p>27</p>  <p><i>Surprise</i> <b>LUNCH!</b></p> 	<p>28</p>  <p>Pasta <b>G</b> Bolognese Broccoli Caesar salad Strawberries, whip cream, lady fingers <b>D</b></p>	<p>29</p> <p>Croissant au Jambon et fromage <b>D G P</b> House cut chips Carrot sticks Grapes</p>	<p>30</p> <p>Herb Chicken Yukon Gold potato Green beans Lemon cake <b>G</b></p>	<p>31</p> <p>French bread pizza <b>G D</b> Broccoli Salad</p>