

# AVRIL

## LA CANTINE | LUNCH MENU




### LUNDI MONDAY

### MARDI TUESDAY

### MERCREDI WEDNESDAY

### JEUDI THURSDAY

### VENDREDI FRIDAY

<p><b>NOTES:</b>  <b>D</b> dairy  <b>E</b> egg  <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>Menu subject to change without notice</p>		<p>1</p> <p><b>APRIL FOOLS</b> (Chicken fingers <b>G</b>)          Brussel Sprouts          Beets          Turnips          Stinky cheese <b>D</b></p>	<p>2</p> <p></p> <p>Mac &amp; cheese <b>G D</b>          with ham <b>P</b>          Asparagus &amp; Peas          Roasted Carrots          Carrot cake <b>E G</b></p>	<p>3</p> <p><i>Noon Dismissal!</i></p>
<p>6</p> <p></p>	<p>7</p> <p><b>Spring Break</b></p>			<p>10</p> <p></p>
<p>13</p> <p>Red beans          Brown rice          Sausage          Green beans          Cornbread <b>E G</b></p>	<p>14</p> <p>Pasta carbonara with bacon <b>G P</b>          Peas          Zucchini          Cannoli <b>G D</b></p>	<p>15</p> <p>Croissant au          Jambon et fromage <b>E D G P</b>          House cut chips          Carrot sticks          Grapes</p>	<p>16</p> <p>Steamed dumplings <b>G</b>          Stir fry          Rice          Edamame          Cucumbers</p>	<p>17</p> <p>Jerk chicken          Pinto beans/slaw          Coconut rice          Plantains</p>
<p>20</p> <p></p> <p>Jambalaya <b>P</b>          Chicken wings          Green beans</p>	<p>21</p> <p><b>Tacos!</b>          Shredded chicken <b>D</b>          Black beans          Brown rice          Salsa, lettuce, cheese <b>D</b>          Tortillas</p>	<p>22</p> <p><b>Earth Day</b></p> <p>Sliders <b>G</b>          Thick cut fries          Cheddar cheese, lettuce <b>D</b>          Tomato, homemade pickles</p>	<p>23</p> <p>Herb Chicken          Yukon Gold potato          Haricots verts          Lemon cake <b>E G</b></p>	<p>24</p> <p> <b>Arbor Day</b></p> <p>Spaghetti &amp; Sauce <b>G</b>          Crispy eggplant          Broccoli          Parmesan <b>D</b></p>
<p>27</p> <p>Red beans          Brown rice          Sausage          Green beans          Cornbread <b>E G</b></p>	<p>28</p> <p>Pasta Bolognese <b>G</b>          Broccoli          Caesar salad          Strawberries,          Whip cream, lady fingers <b>E G D</b></p>	<p>29</p> <p>Chicken fingers <b>G</b>          Sweet potato          Peas          Chocolate cake <b>E G</b></p>	<p>30</p> <p>Crispy teriyaki Tofu          Lo Mein noodles <b>G</b>          Edamame          Bok choy medley</p>	<p></p>