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LA CANTINE | LUNCH MENU

Menu subject to change
without notice



LUNDI
MONDAY

MARDI
TUESDAY

MERCREDI
WEDNESDAY

JEUDI
THURSDAY

VENDREDI
FRIDAY

NOTES:

D dairy
G gluten
P pork
B beef

Always a vegetarian
option to replace
protein in each meal



Bonne Rentrée!

22

18

19

20

21

Tacos!
Shredded chicken **D**
Black beans
Brown rice
Salsa, cabbage, cheese **D**

Chicken fingers **G**
Sweet potato fries
Peas
Chocolate cake **E G**

Herb roasted chicken
Haricot verts
Yukon gold potatoes
Lemon Cake **E G**

Lemon Garlic Chicken
Cucumbers
Basmati rice
Crispy Chickpeas
Tzatziki sauce **D**

29

25

26

27

28

Red beans
Sausage **P**
Brown rice
Green beans
Cornbread **E G**

Pasta Bolognese **G**
Broccoli
Strawberries, whip cream **D**
Lady fingers **E G**

Sliders (beef or veggie burger) **G**
Thick cut fries
Cheddar cheese **D**
Tomato, homemade pickles

Sweet and sour kumquat chicken
Rice
Edamame
Cucumbers

Focaccia pizza **G D**
Crispy Pepperoni **P**
Green salad
Zucchini bread **E G**

31

Teriyaki Tofu
Vegetable lo mein **G**
Broccoli, carrot, bok choy stir fry