

OCTOBER

LA CANTINE | LUNCH MENU

Menu subject to change
without notice



LUNDI MONDAY

MARDI TUESDAY

MERCREDI WEDNESDAY

JEUDI THURSDAY

VENDREDI FRIDAY

NOTES: D dairy E egg G gluten P pork B beef Always a vegetarian option to replace protein in each meal			1 Herb roasted chicken Yukon gold potatoes Haricots verts Lemon Cake G E	2 Moroccan Chicken Stew Couscous G Roasted Carrots Crispy Chickpeas
5 Red beans Brown rice Green beans Cornbread E G	6 Pasta carbonara with bacon G P Peas Zucchini Cannoli G D	7 Chicken fingers D G Sweet potato Peas Chocolate cake E G	8 Sweet and sour kumquat chicken Fried Brown Rice Broccoli	9 <i>Half Day Dismissal</i> No Lunch
12 	13 	<i>Fall Break!</i>		
14 	15 	16 		
19 Crispy teriyaki Tofu Lo Mein noodles E G Edamame Bok choy medley	20 Tacos! Shredded chicken Black beans Brown rice Salsa, lettuce, cheese D	21 Sliders B G Thick cut fries Lettuce, cheddar cheese D Tomato, homemade pickles	22 <i>Oktoberfest</i> Chicken Sausage Cabbage Mashed potatoes D Pretzel G Apple cake E G	23 BBQ Chicken Mac and cheese G D Broccoli Corn
26 Red beans Brown rice Green beans Cornbread E G	27 Pasta Bolognese G Broccoli Caesar salad Strawberries, whipped cream D Lady fingers E G	28 Croissant E au Jambon et fromage E G P Truffle chips Carrot sticks Grapes	29 Gyro meatballs B Basmati rice Hummus Pita chips G Greek Salad	30 Blackened Chicken Sweet potato fries Brussel sprouts Pumpkin cookies E G Beet lemonade