




# MENU DE LA SEMAINE



## MENU OF THE WEEK



### COMPLETE MEAL

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Tomato and noodle soup	Cream of squash	Beef and vegetable soup	Chicken and brown rice soup ●	Cream of vegetables
<b>CHEF'S PLATE</b>	1	Garnished chicken fajita ●	Baked lasagna	Tortellini with <i>rosée</i> sauce	Meat loaf "cheeseburger style"	Chinese macaroni ●
	2	<b>MEATLESS MONDAY</b> Rigatoni primavera	 Asian-glazed turkey patty	<b>I DARE!</b> Homemade coconut-crusted fish sticks with spicy dressing	Chicken and broccoli pennini	Indian-style chicken
<b>DAILY CREATIVE SANDWICH</b>		<b>MONDAY BURGER</b> (beef)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
<b>VEGETABLE or SALAD</b>		 Kernel corn	Whole green beans	<b>INSPIRED VEGETABLE</b>	 Carrots with parsley	Oriental-style vegetables
Choice of salads offered every day with the complete meal.						
<b>SIDE</b>		Potatoes with BBQ spices (chef's plate 1)	Orange-flavoured whole wheat couscous ● (chef's plate 2)	Brown rice pilaf ● (chef's plate 2)	Homemade seasoned potato wedges (chef's plate 1)	Basmati rice (chef's plate 2)
<b>DESSERT</b>		Every day, choices of desserts are included with the complete meal : fruit-based desserts, milk-based desserts or baked desserts (preferably with whole grain cereals ●).				
<b>BEVERAGE</b>		Milk, water or 100 % pure fruit juice.				
<b>DATE</b>		Weeks beginning on September 4, October 9, November 13 and December 18, 2017; February 5, March 19, April 23 and May 28, 2018.				

### À LA CARTE

	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
	NRG Express meals are served with crudités or salad and are offered in single plate or trio.
	Selection of 3 hot paninis (beef, chicken or pork) every day.



Majoritairement composé d'ingrédients de provenance québécoise.  
Mainly composed of Quebec origin ingredients.









Produit céréalier à grains entiers.  
Whole grain product.

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## MENU OF THE WEEK



### COMPLETE MEAL

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Vegetable and quinoa soup ●	Cream of tomato	Market soup	Vegetable soup	Cream of broccoli
<b>CHEF'S PLATE</b>	1	Hamburger steak with sauce and cheese curds	 Homemade cereal-coated turkey nuggets with BBQ sauce	<b>WHY NOT!</b> Pretzel-cruste fish	Manicotti with tomato sauce	Fusilli with meat sauce
	2	<b>MEATLESS MONDAY</b> Penne with veggie sauce	Beef ravioli with green vegetable sauce	 Italian-style veal meatballs	 Veal Parmentier <i>au gratin</i>	 <b>I DARE!</b> Greek-style marinated turkey cutlet
<b>DAILY CREATIVE SANDWICH</b>		<b>MONDAY BURGER</b> (pork)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
<b>VEGETABLE or SALAD</b>		Corn and two colour peppers	Broccoli florets	 Garden Mix (beans and carrots)	 Green peas	<b>VEGETABLE OF THE DAY</b>
Choice of salads offered every day with the complete meal.						
<b>SIDE</b>		Baby potatoes (chef's plate 1)	Cantonese-style noodles (chef's plate 1)	Linguini	-	Quinoa, couscous and apple salad ● (chef's plate 2)
<b>DESSERT</b>		Every day, choices of desserts are included with the complete meal : fruit-based desserts, milk-based or baked dessert (preferably with whole grain cereals ●).				
<b>BEVERAGE</b>		Milk, water or 100 % pure fruit juice.				
<b>DATE</b>		Weeks beginning on September 11, October 16 and November 20, 2017; January 8, February 12, March 26 and April 30, 2018.				

### À LA CARTE

	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
	NRG Express meals are served with crudités or salad and are offered in single plate or trio.
	Selection of 3 hot paninis (beef, chicken or pork) every day.



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## MENU OF THE WEEK



### COMPLETE MEAL

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP		Beef, vegetable and barley soup ●	Carrot and ginger soup	Chicken and noodle soup	Farmer's vegetable soup	Cream of vegetables
CHEF'S PLATE	1	<b>MEATLESS MONDAY</b> Vegetable lasagna	Spaghetti with meat sauce	Soft beef tacos	Cannelloni	Macaroni with meat sauce
	2	Turkey sausage with sauce	<b>I DARE!</b> Honey-curry chicken	Pasta with veggie sauce	 Pork cutlet with pepper sauce	BBQ chicken
DAILY CREATIVE SANDWICH		<b>MONDAY BURGER</b> (pork)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
VEGETABLE or SALAD		 Green and yellow beans	San Francisco vegetable blend	 Five vegetable macedoine	Broccoli florets	<b>THE VEGETABLE THAT TEMPTS ME</b>
Choice of salads offered every day with the complete meal.						
SIDE		Mashed potatoes and carrots (chef's plate 2)	Whole wheat couscous ● (chef's plate 2)	Homemade potatoes (chef's plate 1)	Oven-baked half potato (chef's plate 2)	Brown rice pilaf ● (chef's plate 2)
DESSERT		Every day, choices of desserts are included with the complete meal : fruit-based desserts, milk-based or baked dessert (preferably with whole grain cereals ●).				
BEVERAGE		Milk, water or 100 % pure fruit juice.				
DATE		Weeks beginning on September 18, October 23 and November 27, 2017; January 15, February 19, April 2 and May 7, 2018.				

### À LA CARTE

 <b>#SNDWCH</b> <small>Sandwicherie cré@tive</small>	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
	NRG Express meals are served with crudités or salad and are offered in single plate or trio.
	Selection of 3 hot paninis (beef, chicken or pork) every day.



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## MENU OF THE WEEK



### COMPLETE MEAL

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Minestrone bean soup	Spicy chicken and brown rice soup ●	Carrot and sweet potato soup	<b>THEMATIC</b> A thematic menu, from soup to dessert, is offered every month	Cream of green vegetables
<b>CHEF'S PLATE</b>	1	Chicken with Tao sauce	Spaghetti with meat sauce	Cheese and spinach cannelloni		 Swedish-style veal meatballs
	2	<b>MEATLESS MONDAY</b> Cheese tortellini with tomato sauce	 Pork fajita ●	Fish <i>italiano</i>		Pasta bows with chicken sauce
<b>DAILY CREATIVE SANDWICH</b>		<b>MONDAY BURGER</b> (beef)	Half sandwich club	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
<b>VEGETABLE or SALAD</b>		 Sunrise vegetable blend	 Carrots with parsley	<b>VEGETABLE OF THE DAY</b>		 Romanesco blend
Choice of salads offered every day with the complete meal.						
<b>SIDE</b>		Multigrain rice pilaf ● (chef's plate 1)	Potato and sweet potato wedges (chef's plate 2)	Linguini with basil (chef's plate 2)		Mashed potatoes and carrots (chef's plate 1)
<b>DESSERT</b>		Every day, choices of desserts are included with the complete meal : fruit-based desserts, milk-based or baked dessert (preferably with whole grain cereals ●).				
<b>BEVERAGE</b>		Milk, water or 100 % pure fruit juice.				
<b>DATE</b>		Weeks beginning on September 25, October 30 and December 4, 2017; January 22, February 26, April 9 and May 14, 2018.				

### À LA CARTE

	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
	NRG Express meals are served with crudités or salad and are offered in single plate or trio.
	Selection of 3 hot paninis (beef, chicken or pork) every day.



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### COMPLETE MEAL

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>		Market soup	Beef, vegetable and multigrain rice soup ●	Cream of vegetables	Cream of celery	Chicken and noodle soup
<b>CHEF'S PLATE</b>	1	Hamburger steak	Penne with turkey sausage	 Pork with hoisin sauce	Tortellini with <i>rosée</i> sauce	Spaghetti with meat sauce
	2	<b>MEATLESS MONDAY</b> Macaroni and cheese	Panko-crusted crispy fish	Italian-style pita	Thai chicken	Chinese chicken fried rice ●
<b>DAILY CREATIVE SANDWICH</b>		<b>MONDAY BURGER</b> (turkey)	Half club sandwich	Hot submarine of the day	Mexican-style chicken tortilla	BLT bagel (turkey bacon, lettuce, tomato)
<b>VEGETABLE or SALAD</b>		 Garden vegetable mix (beans and carrots)	Broccoli florets	Honey and sriracha roasted Brussels sprouts	Whole green beans	<b>VEGETABLE OF THE DAY</b>
Choice of salads offered every day with the complete meal.						
<b>SIDE</b>		Potatoes with Tex-Mex spices (chef's plate 1)	Lemony orzo (chef's plate 2)	Cantonese-style noodles (chef's plate 1)	Steamed brown rice ● (chef's plate 2)	-
<b>DESSERT</b>		Every day, choices of desserts are included with the complete meal : fruit-based desserts, milk-based or baked dessert (preferably with whole grain cereals ●).				
<b>BEVERAGE</b>		Milk, water or 100 % pure fruit juice.				
<b>DATE</b>		Weeks beginning on October 2, November 6 and December 11, 2017; January 29, March 12, April 16 and May 21, 2018.				

### À LA CARTE

	Choice of pizzas : turkey pepperoni, cheese, turkey bacon.
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	Selection of 3 hot paninis (beef, chicken or pork) every day.



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