

# Cafeteria : CAMBRIDGE-NARROWS

School year 2017/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Sept 4th-8th Oct 2nd-6 Oct 30th-Nov 3rd Nov 27- Dec 1 <sup>st</sup> Jan 22nd-26 Feb 19th-23rd March 19th-23rd April 16th-20th May 14th-18th June 11th-15th	<b>Pizza</b> Raw Vegetables or Salad	<b>Shepherd's Pie</b>  Vegetables	<b>Chicken Nuggets</b>  Rice Salad	
WEEK 2	Sept 11th-15th Oct 9th-13th Nov 6th-10th Dec 4th-8th Jan 29th -Feb 2nd Feb 26th- March 2nd March 26th-30th April 23rd-27th May 21st-25th June 18th-22nd	<b>Meatballs with Rice</b>  Vegetables	<b>Turkey Mashed Potatoes</b>  Vegetables	<b>Grilled Cheese</b>  Raw Vegetables Hummus	
WEEK 3	Sept 18th-22nd Oct 16th-20th Nov 13th-17th Dec 11th-15th Jan 8th-12th Feb 5th-9th April 2nd-5th April 30th -May 4 th May 28th - June 1 <sup>st</sup>	<b>Taco Wrap</b>  Hash Brown Raw Vegetables	<b>Macaroni and Cheese</b>  Chicken Brocoli Salad	<b>¼ BBQ Chicken or 2 Drumsticks</b>  Mashed Potatoes Vegetables	
WEEK 4	Sept 25th-29th Oct 23rd-27th Nov 20th-24th Dec 18th-22nd Jan 15th-19th Feb 12th-16th March 12th-16th April 9th-13th May 7th-11th June 4th-8th	<b>Souvlaki Chicken</b>  Rice Vegetables	<b>Oven Ham</b>  Mashed Potatoes Vegetables	<b>Spaghetti Garlic Fingers</b>  Salad	

**\*\*If you are Vegan or Vegetarian send us an E-mail at [restolba@nb.sympatico.ca](mailto:restolba@nb.sympatico.ca) to personalize your menu**

**Price: \$5.00 + \$0.50 Beverage + \$0.50 Dessert**

## Healthy desserts

**Served every day:**

- Yogurt
- Fresh Fruits

**Served twice a week :**

- Muffins
- Homemade Cookies
- Pudding

## How to place your order?

- What date is it?
- What week are we in?
- For each day of the week select if you want the meal of the day or if you want the 2<sup>nd</sup> choice (Cheeseburger)
- Select if you want a Beverage and/or Dessert
- Put your money and your order sheet in and envelope with your name, grade and teacher's name.
- Return order 1 week in advance
- Repeat every week!

**It's easy as 1, 2, 3 !!**

**FOOD SERVICES PROVIDES BY  
RESTO LA BONNE ASSIETTE 1844-854-MEAL**

