Chartwells
Eat · Learn · Live

School Year 2016-2017

The Chartwells Experience

Lester B. Pearson School Board

Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Aug. 29 Jan. 30 Sept. 26 Feb. 27 Oct. 24 April 3 Nov. 21 May 1 Dec. 19 May 29	Chicken Vegetable and Noodle Soup **Napolitan Pita** **Teriyaki Chicken Drumsticks** Potato Wedges Green & Yellow Beans Grated Carrot salad	Cream of Broccoli **Honey Mustard Chicken** **Beef Stroganoff** Egg Noodles Peas & Carrots Garden Salad	Beef and Barley Soup **Mac & Cheese** **Pork Stir-fry** Rice Vermicelli Broccoli Florets Green Salad with Red Cabbage	Country Style Soup **Turkey Burger** **Fish Tacos** Raw Vegetables & Dip Coleslaw	Cream of Chicken **Giant Meatballs** **General Tao Tofu** Brown Rice Corn & Red Peppers Spinach Salad
Week 2 Sept. 5 Feb. 6 Oct. 3 March 13 Oct. 31 April 10 Nov. 28 May 8 Jan. 9 June 5	Cream of Spinach **Chicken Fingers** **Pork Souvlaki on Pita** Rice & Quinoa Green Beans Garden Salad	Minestrone Soup **Spaghetti and Meat Sauce** **Falafel on Pita** Parsleyed Cauliflower Caesar Salad	Asian-Style Soup **BBQ Chicken Bites** Cubed Potatoes **Vegetarian Fried Rice with Egg Roll** Fusion Mixed Vegetables Green Salad & Spinach	Tomato & Noodle Soup **Shepherd's Pie** **Crusted Pollock Fillet** Multigrain Rice Oven Roasted Vegetables Lettuce and Carrot Salad	Butternut Squash Soup **Veal Parmigiana** **Turkey Divan** Herbed Pasta Glazed Carrots Italian Salad
Week 3 Sept. 12 Feb. 13 Oct. 10 March 20 Nov. 7 April 17 Dec. 5 May 15 Jan. 16 June 12	Beef and Vegetable Soup **Tortellini, Sauce Rosée** **Salisbury Steak** Mashed Potatoes Sunrise Vegetables Spinach Salad	Chicken and Noodle Soup **BBQ Pulled Turkey** **Homemade Fish Fingers** Potato Wedges Corn & Red Peppers Creamy Coleslaw	Split-Pea Soup **Beef & Vegetable Stew** Egg Noodles **Pizza Penne** Green & Yellow Beans Caesar Salad	Vegetable Soup **Thai Chicken** **Pork Dijonnaise Casserole** Brown Rice Sliced Carrots Greek Salad	Cream of Vegetable **Meatloaf with Gravy** Mashed potatoes **Mexican Lasagna** Broccoli Florets Chef's Salad
Week 4 Sept. 19 Feb. 20 Oct. 17 March 27 Nov. 14 April 24 Dec. 12 May 22 Jan. 23 June 19	Cream of Mushrooms **Shanghai Meatballs** Rice Vermicelli **Black Bean Quesadillas** Peas & Carrots Lettuce & Red Cabbage	Lentil Soup **Butter Chicken** Rice **Italian-Style Frittata** Seasoned Potatoes Green Beans Garden Salad	Cream of Potato and Leek **BBQ Chicken Pizza** **Fusilli, Curly Kale, Italian sausage and Tomatoes** Oven Roasted Vegetables Caesar Salad	Chicken & Rice Soup **Meat Lasagna** **Vegetarian Wrap** Raw Vegetables & Dip Green Salad with Carrots	Tomato & Quinoa Soup **Chicken Pot Pie** **Crab Cakes with Spicy Mayo** Mashed Potatoes Fusion Mixed Vegetables Creamy Coleslaw

A complete «Meal Deal» for only $3.95

This menu and all items served in the LBPSB cafeterias comply with the LBPSB Food & Nutrition Policy. foodservice.lbpsb.qc.ca

Chartwells School Dining online

To access the menu, price list and information about Caf Cards, please visit

WWW. MYCAFZONE .COM

User name and password are found on your school website.

This menu and recipes have been approved by a dietician

All main entrees are served with the recommended portion of vegetables. Any serving of hot vegetables may be replaced with a salad or raw vegetables.
Menus are subject to change according to the season and product availability.
Students with dietary constraints are responsible for inquiring about the ingredients of all meals. Please consult your cafeteria manager for additional information.