


Spring menu CPE Narnia

Month: April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	30	31	01	02	03
Regular	Potatoe & leak soup With half grilled cheese	Chicken rigatoni Tomato sauce & spinach	Ground meat pizza served with crudités	Soy glazed tofu edamame with Chow mein noodles	CLOSED
Vegetarian	Potatoe & leak soup With half grilled cheese	Cheese rigatoni Tomato sauce & spinach	Cheese pizza served with crudités	Soy glazed tofu broccoli with Chow mein noodles	
Vegan	Potatoe & leak soup With half grilled cheese	Vegan cheese rigatone Tomato sauce & spinach	Vegan Cheese pizza served with crudités	Soy glazed tofu broccoli with noodles	
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	
PM Snack	Wholwheat crackers & cheese	English muffin Tuna spread	Zuchini muffin	Crudités with Tzatziki	
	6	7	8	9	10
Regular	Vegan minestrone soup wholegrain bread roll	Meat sauce spaghetti Vegetable of the day	Salmon with couscous & zuchini	Tex mex rice beans, corn & peppers	Veal Ravioli Vegetables of the day
Vegetarian	Vegan minestrone soup wholegrain bread roll	Minced tofu spaghetti Vegetable of the day	Salmon with couscous & zuchini	Tex mex rice beans, corn & peppers	Cheese Ravioli Vegetables of the day
Vegan	Vegan minestrone soup wholegrain bread roll	Minced tofu spaghetti Vegetable of the day	Chick peas with couscous & zuchini	Tex mex rice beans, corn & peppers	Vegan cheese pasta Vegetables of the day
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	
PM Snack	Brown rice cake & wow butter	Half bagel Cream cheese	Home made granola bites	Wholwheat crackers & cheese	Banana muffins
	13	14	15	16	17
Regular	Fried rice with tofu with cabbage & carrots	beef stew With mashed potato	Cheese frittata Couscous salad	Chicken penne gratiné rosée sauce & broccoli	Cheese & beef quessadilla with crudités
Vegetarian	Fried rice with tofu with cabbage & carrots	Bean stew With mashed potato	Cheese frittata Couscous salad	Penne gratiné with broccoli	Cheese & bean quessadilla with crudités
Vegan	Fried rice with tofu with cabbage & carrots	Bean stew With mashed potato	Cheese frittata Couscous salad	Penne, vegan cheese with broccoli	Vegan cheese & bean quessadilla, with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Breadsticks & guacamole	Mini cheese quiche	Mini crêpe Homemade fruits coulis	Wholwheat crackers & cheese	Carrots squares
	20	21	22	23	24
Regular	Chick pea curry & cuconut Served naan bread	Chicken stroganoff With pasta	Salmon Rice pilaf	Hamburger steak Mashed potatoe & peas brown sauce	Ground turkey pizza served with crudités
Vegetarian	Chick pea curry & cuconut Served naan bread	Creamy mushroom stroganoff with pasta	Salmon Rice pilaf	Vegan galettes Mashed potatoe & peas & brown sauce	Cheese pizza served with crudités
Vegan	Chick pea curry & cuconut Served naan bread	Creamy mushroom stroganoff with pasta	Lentils Rice pilaf	Vegan galettes Mashed potatoe & peas	Vegan Cheese pizza served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Wholwheat crackers & cheese	Waffles & wow butter	Crudités & hummus	Pita & eggs salad	Blueberry scones
	27	28	29	30	01
Regular	Creamy chicken & corn chowder wholegrain bread roll	Mediterranean beef pasta olive, tomatoes, parsley	Cheesy vegetable rice au gratin	Chicken stew with mashed potato	 Traiteur EVOO Santé inc Tel. 514-400-4545
Vegetarian	Creamy beans & corn chowder wholegrain bread roll	Mediterranean chick peas pasta, olive, tomatoes	Cheesy vegetable rice au gratin	Vegetable & tofu stew Mashed potato	
Vegan		Mediterranean chick peas pasta, olive, tomatoes	Cheesy vegetable rice	Vegetable & tofu stew Mashed potato	
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	
PM Snack	Brown rice cake & guacamole	Wholwheat crackers & cheese	Crudités & hard-boiled eggs	Raisins bread	