



August 2025

CPE Narnia

Monday

Tuesday

Wednesday

Thursday

Friday

AM Snack	Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
	28	29	30	31	01
Regular					Eggs sandwich Carrots salad
Vegetarian					Eggs sandwich Carrots salad
Vegan					Veggies & vegan cheese Carrots salad
Dessert					Gelatin free yogurt
PM Snack					Mixed berry muffin
	04	05	06	07	08
Regular	Vegan rice with white bean stew	Alfredo chicken pasta with peas	Chicken salad sandwich Servi avec crudités	Tofu general tao Served with chow mein	Turkey / cheese Sandwich Served with crudités
Vegetarian	Vegan rice with white bean stew	Creamy tofu curry pasta with peas	Minced tofu sandwich Servi avec crudités	Tofu general tao Served with chow mein	Veggies/cheese sandwich Served with crudités
Vegan	Vegan rice with white bean stew	Creamy tofu curry pasta with peas	Minced tofu sandwich Servi avec crudités	Tofu general tao Served with chow mein	Vegan cheese sandwich Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Crudités & tuna dip	Naan & hummus	Breton & cheese	Strawberry smootie	Lemon madeleine
	11	12	13	14	15
Regular	Beef chili Served with tortillas	Baked rice with Adamame & broccoli	Beef & cheese sandwich Served with crudités	Turkey Swedish meatballs rice & macedoine	Cheese Pizza With coleslaw
Vegetarian	Bean chili Served with tortillas	Baked rice with Adamame & broccoli	Tofu & cheese sandwich Served with crudités	Vegan meatballs rice & macedoine	Cheese Pizza With coleslaw
Vegan	Bean chili Served with tortillas	Baked rice with Adamame & broccoli	Tofu & cheese sandwich Served with crudités	Vegan meatballs rice & macedoine	Vegan cheese Pizza With coleslaw
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Rice cake & wow butter	Carrots & cream cheese	Tortillas & hummus	Melba toast & cheese	Cranberry muffin
	18	19	20	21	22
Regular	Cream of broccoli soup with white bean Served with bread rolls	Mexican rice with ground beef & veggies	Chicken ceasar wrap Served with crudités	Chicken à la king with peas with mashed potato	Turkey & cheese burrito Served with crudités
Vegetarian	Cream of broccoli soup with white bean Served with bread rolls	Mexican rice with red bean & vegetables	Vegetable & hummus wrap Served with crudités	Mushroom à la king with peas with mashed potato	Cheese & bean burrito Served with crudités
Vegan	Cream of broccoli soup with white bean	Mexican rice with red bean & vegetables	Vegetable & hummus wrap Served with crudités	Mushroom à la king, peas with mashed potato	Cheese & bean burrito Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Mixed vegetables guacamole	Mini croissant Cream cheese	English muffin bean spread	Crackers & cheese	Oatmeal galette
	25	26	27	28	29
Regular	Vegan Lentils Soup With Naan bread	Meat sauce Spaghetti Vegetable of the day	Turkey / cheese Sandwich Served with crudités	Beef meat loaf, gravy mashed potatoe & carrots	Tuna sandwich Served with crudités
Vegetarian	Vegan Lentils Soup With Naan bread	Spaghetti vegan sauce Vegetable of the day	Veggies/cheese sandwich Served with crudités	Vegan patty mashed potatoe & carrots	Tuna sandwich Served with crudités
Vegan	Vegan Lentils Soup With Naan bread	Spaghetti vegan sauce Vegetable of the day	Vegan cheese sandwich Served with crudités	Vegan patty mashed potatoe & carrots	Minced tofu sandwich Served with crudités
Dessert	Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack	Crudités & cheese	Pita & tzatziki	Breton & cheese	Bagel & wow butter	Carrots & raisins bread

CLOSED September 1st 2025

✓ For reasons beyond our control, the menu may be subject to change

✓ Halal certified meat & poultry

✓ Nut free facility

✓ Pork free menu

