

CPE Narnia

Mois: September 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
AM		Fresh fruits		Fresh fruits		Fresh fruits		Fresh fruits	
		01		02		03		04	
Regular		Lentils & cumin vegan rice		Creamy beef, spinach & mushroom pasta		Turkey chili with wholegrain tortillas		Beef & cheese pizza Served with crudité	
Vegetarian		Lentils & cumin vegan rice		Creamy tofu, spinach & mushroom pasta		Vegan chili with wholegrain tortillas		Cheese pizza Served with crudité	
Vegan		Lentils & cumin vegan rice		Creamy tofu, spinach & mushroom pasta		Vegan chili with wholegrain tortillas		Vegan chheese pizza Served with crudité	
Dessert		Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack		Meal toast with tuna spread		Half bagel & cream cheese		Wholewheat crackers & cheese		Carrots & cinnamon muffin	
		07		08		10		11	
Regular	Closed-Labour day	Beef fried rice with with edamame & carrots		Lentils bolognaise pasta Vegetable of the day		Chicken cacciatore with mashed potato		Singapore noodles Curry & soy sauce Tofu cheese & chop suey	
Vegetarian		Mined tofu fried rice with with edamame & carrots		Lentils bolognaise pasta Vegetable of the day		Bean & olive stew with mashed potato		Singapore noodles Curry & soy sauce Tofu cheese & chop suey	
Vegan		Mined tofu fried rice with with edamame & carrots		Lentils bolognaise pasta Vegetable of the day		Bean & olive stew with mashed potato		Singapore noodles Tofu cheese & chop suey	
Dessert		Apple sauce		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack		English muffin cheese spread		Crudit� & hummus		Wholewheat crackers & cheese		Oat & raisins galette	
		14		15		17		18	
Regular	Coconut chick peas & vegetagles curry Served with naan	Baked ziti pasta with ground chicken & cheese		Salmon rice with carrots & peas		Hamburger steak, gravy with mashed potato Vegetable of the day		Chicken & cheese pizza Served with crudité	
Vegetarian	Coconut chick peas & vegetagles curry Served with naan	Baked ziti pasta with Chick peas & cheese		Salmon rice with carrots & peas		Vegan patty, gravy with mashed potato Vegetable of the day		Cheese pizza Served with crudité	
Vegan	Coconut chick peas vegetagles curry	Baked ziti pasta with Chick peas		Tofu rice with carrots & peas		Vegan patty, gravy with mashed potato		Vegan cheese pizza Served with crudité	
Dessert	Apple sauce	Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack	Rice cake & yogurt dip	Waffles & wow butter		Mini crepes Table syrup		Wholewheat crackers & cheese		Blueberry muffin	
		21		22		24		25	
Regular	Cream of cauliflower sweet potato & carrots soup With half grilled cheese	Chicken stroganoff Served with pasta		Mexican black bean rice assorted veggies		Beef bourguignon mashed potato		Veal ravioli, ros�e sauce vegetables of the day	
Vegetarian	Cream of cauliflower sweet potato & carrots soup With half grilled cheese	Mushroom Stroganoff Served with pasta		Mexican black bean rice assorted veggies		Mushroom bourguignon mashed potato		Cheese ravioli, ros�e sauce vegetables of the day	
Vegan	Cream of cauliflower With half grilled cheese	Mushroom Stroganoff Served with pasta		Mexican black bean rice assorted veggies		Mushroom bourguignon mashed potato		Vegan cheese pasta vegetables of the day	
Dessert	Apple sauce	Fresh fruits		Gelatin free yogurt		Fresh fruits		Gelatin free yogurt	
PM Snack	Crudit�s & tzatziki	Raisins bread		Naan & ceamy hummus		Wholewheat crackers & cheese		Banana bread	
		28		29		30			
Regular	Vegan Minestrone soup With wholewheat bread	Meat sauce Spaghetti Vegetable of the day		Turmeric spanish rice with white fish & macedoine				 Traiteur Evoos Sant� inc Tel. 514-400-4545 info@evoosante.ca	
Vegetarian	Vegan Minestrone soup With wholewheat bread	Minced tofu Spaghetti Vegetable of the day		Turmeric spanish rice with white fish & macedoine					
Vegan	Vegan Minestrone soup With wholewheat bread	Minced tofu Spaghetti Vegetable of the day		Turmeric spanish rice with white fish & macedoine					
Dessert	Apple sauce	Fresh fruits		Gelatin free yogurt					
PM Snack	Wholewheat crackers & cheese	Pita & creamy avocado dip		Breadsticks & cream cheese					