



2018 -2019 EMSB Multi-Service Cafeteria Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3	September 4	September 5	September 6	September 7
Lunch Entree	Macaroni & Cheese Brocoli	Butter Chicken Basmati Rice Pick of the Day Vegetables	Pasta Alla Bolognese Whole Green Beans	Crispy Coated Chicken Leg Potato Wedges Peas & Carrots	Olé Meat Pie Parsley Potato Mexican Vegetables
Short Order	Philly Steak Chipotle Wrap Salad	Fish Taco Mixed green Salad	Multigrain Chicken Burger Lettuce and Tomato	BBQ Rib Sub (Beef) Corn Salad	Veggie Pizza Gourmet Salad
	September 10	September 11	September 12	September 13	September 14
Lunch Entree	Chicken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Beef Macaroni au Gratin Mexican Vegetables	Shepherd`s Pie Mixed Vegetables	Fish Roulade Seasonned Egg Noodles Garden Style Vegetables	Cheese Tortellini in Rosée Sauce Whole Green Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Vegetarian Roll Salad	Soft Taco Corn Salad	Chicken Caesar Pizza Gourmet Salad
	September 17	September 18	September 19	September 20	September 21
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Fiesta Chili platter With Bread Roll	Macaroni and Cheese Garden Style Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Salisbury Steak Mashed Potatoes Peas and Carrots
Short Order	Mixed Deli Sandwich Caesar Salad	Tuna Melt Salad	Shish Taouk Sandwich Gourmet Salad	Philly Steak Sub Mixed Green Salad	Three Cheese Pizza Salad
	September 24	September 25	September 26	September 27	September 28
Lunch Entree	Vegetarian Thai Green Curry Rice Mixed Thai Vegetables	Parmigiana Meatloaf Seasoned Egg Noodles Cocktail Vegetables	Alfredo Ziti Al Forno Crickled Carrots	Chicken Fried Rice Sunrise Vegetables	Pasta Alla Bolognese Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Carrot Slaw	Chicken Fajitas With Salsa Salad	Vegetarian Quesadilla Gourmet Salad	Cheeseburger Mixed Green Salad	Greek Pizza Lettuce and Tomato



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	October 1	October 2	October 3	October 4	October 5
Lunch Entree	Meatballs in Sauce Seasoned Egg Noodles Mexican Vegetables	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Shepherd`s Pie Gravy Garden Style Vegetables	Butter Chicken Basmati Rice Mixed Vegetables
Short Order	Chicken Chipotle Wrap Salad	Fish Po'Boy Coleslaw	Philly Steak Chiplote Wrap Gourmet Salad	Chicken Sub Crudités & Dip	Mexican pizza Mexican Salad
	October 8	October 9	October 10	October 11	October 12
Lunch Entree	Holiday	Korean Sesame Beef Basmati Rice Sunrise Vegetables	Garden Veg Bites Platter with Tzatziki Mixed Vegetables	Lasagna (Beef) Caesar Salad	Glazed Beef Rib Mashed Potatoes Corn
Short Order		Fish taco Lettuce and Tomato	Multigrain Chicken Burger Salad	Mixed Deli Sandwich Cocktail Vegetables	Vegetable Pizza Mixed Green Salad
	October 15	October 16	October 17	October 18	October 19
Lunch Entree	Vege Frittata Seasoned Rice with carrots Pick of The Day Vegetables	Olé Meat Pie Parsley Potatoes Mixed Vegetables	BBQ Chicken Leg Peas and carrots	Fish & Dip	Ped Day
Short Order	Chicken Quesadilla Salsa Salad	Santa Fe Veggie Burger Gourmet Salad	Italian Meatball Roll (Beef) Mixed Green Salad	Caesar Chicken Wrap Lettuce and Tomato	
	October 22	October 23	October 24	October 25	October 26
Lunch Entree	Macaroni and Cheese Garden Style Vegetables	Chiken Souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Shepherd`s Pie Crinkled Carrots	Honey Garlic Chicken & Pasta Cocktail Vegetables	Parmigiana Meatloaf Mashed Potatoes Mixed Vegetables
Short Order	Vegetarian Quesadilla Mixed Green Salad	Hamburger Salad	Chicken Salad Roll Delight Corn Salad	Philly Bagel Salad	Chicken Caesar pizza Gourmet Salad
	October 29	October 30	October 31	November 1	November 2
Lunch Entree	Cheese Tortellini In Rosé Sauce Green Beans	Fish Roulade Seasoned Egg Noodles Garden Style Vegetables	Chicken Pad Thai Pick of the day Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Rigatoni Mixed Vegetables
Short Order	Vegetarian Roll Lettuce and Tomato	Multigrain Chicken Burger Caesar Salad	BBQ Rib Sub Mixed Green Salad	Soft Taco Corn Salad	Western Chiplote Pizza Salad



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	November 5	November 6	November 7	November 8	November 9
Lunch Entree	Alfredo Ziti Al Forno (Chicken) Cocktail Vegetables	Cheesy Potato Melt / Chicken Garden Style Vegetables	Lasagna (Beef) Crinkled Carrots	Meatballs in Sauce Seasonned Egg Noodles Green Beans	Ped Day
Short Order	Cheeseburger Caesar Salad	Baked Falafel Pita Plate With Tzatziki Gourmet Salad	Mexican Turkey Wrap Mixed Green Salad	Fish taco Salad and tomato	
	November 12	November 13	November 14	November 15	November 16
Lunch Entree	Chicken Cacciatore Seasonned Egg Noodles Sunrise Vegetables	Zesty Chicken Platter Seasonned Rice with Carrots Cocktail Vegetables	Cheese Manicotti in Tomato Sauce Garden Style Vegetables	BBQ Chicken Leg Potato Wedges Pick of the day vegetable	Korean Sesame Beef Rice Mixed Vegetables
Short Order	Garden Veggie Bites Roll Coleslaw	Hamburger Lettuce and Tomato	Pull Pork Sanwich Salad	Quesedilla De Carne Gourmet Salad	Greek Pizza Salad
	November 19	November 20	November 21	November 22	November 23
Lunch Entree	Chicken souvlaki Platter With Tzatziki and Pilaf Rice Sunrise Vegetables	Beef Macaroni au Gratin Mexican Vegetables	Shepherd`s Pie Gravy Mixed Vegetables	Fish Roulade Seasonned Egg Noodles Garden Style Vegetables	Cheese Tortellini in Rosée Sauce Whole Green Beans
Short Order	Italian Meatball Roll (Beef) Mixed Green Salad	Multigrain Chicken Burger Lettuce and Tomato	Vegeterian Roll Salad	Soft Taco Corn Salad	Chicken Caesar pizza Gourmet salad
	November 26	November 27	November 28	November 29	November 30
Lunch Entree	Teriyaki Chicken Mixed Vegetables	Fiesta Chilli Platter With Bread Roll	Macaroni and Cheese Garden Style Vegetables	Crispy Coated Chicken Leg Potato Wedges Sunrise Vegetables	Salisbury Steak Mashed Potatoes Peas and Carrots
Short Order	Mixed Deli Sandwich Caesar Salad	Tuna Melt Salad	Shish Taouk Sandwich Gourmet Salad	Philly Steak Sub Mixed Green Salad	Three Cheese Pizza Crudité & Dip



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 3	December 4	December 5	December 6	December 7
Lunch Entree	Vegetarian Thai Green Curry Basmati Rice Mixed Thai Vegetables	Parmigiana Meatloaf (Beef) Seasoned Egg Noodles Cocktail Vegetables	Alfredo Ziti Al Forno Crickled Carrots	Chicken Souvlaki Platter Pilaf Rice Pick of The Day Vegetable	Pasta Alla Bolognese Mixed Vegetables
Short Order	BBQ Rib Sub (Beef) Carrot Slaw	Chicken Fajitas With Salsa Salad	Vegetarian Quesadilla Gourmet Salad	Philly Steak Sub Green Salad	Greek Pizza Lettuce and Tomato
	December 10	December 11	December 12	December 13	December 14
Lunch Entree	Meatballs in Gravy Seasoned Egg Noodles Mexican Vegetables	Zesty Chicken Platter Seasoned Rice With Carrots Pick of The Day Vegetables	Cheese Manicotti In Tomato Sauce Sunrise Vegetables	Shepherd`s Pie Gravy Garden Style Vegetables	Butter Chicken Basmati Rice Mixed Vegetables
Short Order	Chicken Chipotle Wrap Salad	Fish Po'Boy Coleslaw	Philly Steak Chiplote Wrap Gourmet Salad	Chicken Sub Crudités & Dip	Mexican Pizza Mexican Salad
	December 17	December 18	December 19	December 20	December 21
Lunch Entree	Cheese Tortellini in Rosée Sauce Pick of The Day Vegetables	Korean Sesame Beef Basmati Rice Sunrise Vegetables	Garden Veg Bites Platter with Tzatziki Mixed Vegetables	Lasagna (Beef) Caesar Salad	Glazed Beef Rib Mashed Potatoes Corn
Short Order	BBQ Grilled Chicken Flatbread Crudités & Dip	Fish taco Lettuce and Tomato	Multigrain Chicken Burger Salad	Mixed Deli Sandwich Cocktail Vegetables	Vegetable Pizza Mixed Green Salad