

# MEALS

## *Out of lunch ideas for your children?*

*Opt for our healthy hot meals served in our cafeteria.*

*The meals are carefully prepared by the Centre's kitchen team!*

*All meals are served with salad or raw vegetables, bread, juice, milk and dessert.*

Dates	Days of the week – summer 2020				
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 4</b> (July 13th to 17th) <b>Week 7</b> (August 3rd to 7th)	Vegetarian pizza on naan	Tortellinis with rosée and vegetable sauce	Chicken salad on a baguette	Vegetarian tacos	Rigatoni with meat sauce
<b>Week 2</b> (June 29th to 3rd) <b>Week 5</b> (July 20th to 24th) <b>Week 8</b> (August 10th to 14th)	Fish filet	Three cheese Macaroni	Whole wheat tuna wrap	Chicken and white bean stew	Chicken burger
<b>Week 3</b> (July 6th to 10th) <b>Week 6</b> (July 27th to 31st)	Beef and lentil Shepherd's pie	Penne with lentil and vegetable sauce	Whole wheat Caesar chicken wrap with bacon	Mexican rice with black beans and tortilla chips	Pulled pork sandwich

## Price

**\$ 38/per week**

**\$ 9.50/day** (by reservation only)



À L'ÉTAT *naturel*

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