

Lunch menu week 2

Monday

Oven baked breaded veal served with cheese tortellini and vegetable béchamel sauce
chicken and shell soup, oven baked lemon seasoned fish filets
salad bar and choice of dessert, coffee, tea, tisane and milk

Tuesday

Chicken fajitas served with rice, beef and vegetable soup, oven baked fish filets
with tomato sauce
salad bar and choice of dessert, coffee, tea, tisane and milk

Wednesday

Meat or vegetarian lasagna, oven toasted garlic bread (plain or au gratin)
vegetable soup, oven baked garlic seasoned fish filets
salad bar and choice of dessert, coffee, tea, tisane and milk

Thursday

Marinated beef or chicken souvlaki brochettes served with rice with vegetables
tzatziki, chicken noodle soup, oven baked fish filets with hollandaise sauce
salad bar and choice of dessert, coffee, tea, tisane and milk

Friday

Oven baked pineapple ham, creamy mashed potatoes mixed with carrots and turnip
Quebec pea soup, oven baked fish filets with Dijon mustard and dill sauce
salad bar and choice of dessert, coffee, tea, tisane and milk

Saturday

Submarines with sautéed vegetables, meat and cheese served on toasted buns
onion rings, lentil soup, oven baked fish filets with sundried tomatoes
salad bar and choice of dessert, coffee, tea, tisane and milk

Sunday

Thin slices of roast beef on a Panini bread, homemade french fries with or without
sauce, cream of vegetable soup, oven baked breaded fish filets
salad bar and choice of dessert, coffee, tea, tisane and milk