

Multicultural Menu 2022-2023

Day 20	27-mai-22	24-juin-22	22-juil-22	19-août-22	16-sept-22	14-oct-22
Theme	Vietnam	Summery	India	France	Swiss	Thailand
Lunch	Minced Tonkin Beef Rice	Chicken sandwich macaroni salad	Chicken curry Rice	Provençal quiche Green salad and Italian vinaigrette	Tartiflette Savoyarde Green salad and house dressing	Vegetarian Pad Thai
Lunch - Ingredients	Beef, carrot, celeriac, red and green pepper, ginger, cilantro, garlic, brown sugar, demi- glace (soy, gluten, corn), water chestnut, onion, bok choy White rice	Chicken, Celery, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), salt and pepper, Whole wheat bread (may contain traces of sesame and soy), parsley, chives, tabasco Macaroni (gluten), carrot, broccoli, cucumber, tomato, red and green pepper, onion, olive oil, chives, salt and pepper	Chicken, coconut milk (dairy-free), onion, carrot, red and green pepper, pineapple, spinach, curry, coriander, margarine (soya), flour (gluten) White rice	Pie crust (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, egg, cream, milk, mozzarella cheese Green salad, carrot Soybean oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), potato, smoked turkey, onion, garlic, Swiss cheese, mozzarella and cheddar Green salad, cabbage, carrot Mustard, maple syrup, vinegar, olive oil	Tofu (soya), carrot, snow peas, curry, onion, red, yellow and green pepper, bean sprouts (soy), coconut milk (dairy-free), broccoli, ginger, coriander, soy sauce (gluten) rice noodle
Allergen	beef, gluten, soy	chicken, gluten, soy	chicken, gluten, soy	egg, milk, gluten, soy	turkey, milk, gluten, soy	gluten, soy
Food Groups	V; G; P	V; G; P	V; G; P	V; G; P	V; G; P	V; G; P
Lunch Vegetarian	Tonkin Vegan Meatball Rice	Egg sandwich macaroni salad	Vegan curry breast Rice	Provençal quiche Green salad and Italian vinaigrette	Tartiflette Savoyarde Green salad and house dressing	Vegetarian Pad Thai
Vegetarian - Ingredient	Vegan patty (wheat (gluten), barley, soy, rice and mustard), carrot, celeriac, red and green pepper, ginger, coriander, garlic, brown sugar, demi-glace (soy, gluten, corn), water chestnut, onion, bok choy White rice	Egg, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), salt and pepper, Whole wheat bread (may contain traces of sesame and soy), parsley, chives, tabasco Macaroni (gluten), carrot, broccoli, cucumber, tomato, red and green pepper, onion, olive oil, chives, salt and pepper	Vegan breast (contains soy and potato), coconut milk (dairy- free), onion, carrot, red and green pepper, pineapple, spinach, curry, cilantro, margarine (soya), flour (gluten) White rice	Pie crust (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, egg, cream, milk, mozzarella cheese Green salad, carrot Soybean oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soy oil), potato, vegan breast (contains soy and potato), onion, garlic, swiss cheese, mozzarella and cheddar Green salad, cabbage, carrot Mustard, maple syrup, vinegar, olive oil	Tofu (soya), carrot, snow peas, curry, onion, red, yellow and green pepper, bean sprouts (soy), coconut milk (dairy-free), broccoli, ginger, coriander, soy sauce (gluten) rice noodle
Egg Free				Provençal quiche Green salad and Italian vinaigrette		
Egg Free - Ingredient				Pie crust (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, cornstarch, tofu (soya), cream, milk, mozzarella cheese Green salad, carrot Soybean oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley		
Milk Free				Provençal quiche Green salad and Italian vinaigrette	Tartiflette Savoyarde Green salad and house dressing	
Milk Free - Ingredient				Pie crust (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, egg Green salad, carrot Soybean oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), potato, smoked turkey, onion, garlic Green salad, cabbage, carrot Mustard, maple syrup, vinegar, olive oil	



Day 20	27-mai-22	24-juin-22	22-juil-22	19-août-22	16-sept-22	14-oct-22
Gluten Free	Minced Tonkin Beef Rice	Chicken sandwich Vegetable salad	Chicken curry Rice	Provençal gluten-free penne Green salad and Italian vinaigrette	Savoyard gluten-free penne Green salad and house dressing	Vegetarian Pad Thai
Gluten Free - Ingredient	Beef, carrot, celeriac, red and green pepper, ginger, cilantro, garlic, brown sugar, water chestnut, onion, bok choy White rice	Chicken, Celery, Egg-free and mustard-free mayonnaise (sunflower oil, corn starch, sugar), salt and pepper, Soy- free and gluten-free bread (Tapioca starch, cornstarch, potato starch, brown rice oil, yeast), parsley, chives, tabasco Cucumber, corn, tomato, carrot, olive oil, Italian dressing (soya oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley)	Chicken, coconut milk (dairy-free), onion, carrot, red and green pepper, pineapple, spinach, curry, coriander, cornstarch White rice	Gluten-free penne, zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, egg, cream, milk, mozzarella cheese Green salad, carrot Soybean oil, vinegar, sugar, salt, garlic, onion, lemon juice, red pepper, parsley	Gluten-free penne, potato, smoked turkey, onion, garlic, Swiss cheese, mozzarella and cheddar Green salad, cabbage, carrot Mustard, maple syrup, vinegar, olive oil	Tofu (soya), carrot, snow peas, curry, onion, red, yellow and green pepper, bean sprouts, coconut milk (dairy-free), broccoli, ginger, coriander rice noodle
Soy Free	Minced Tonkin Beef Rice	Chicken sandwich macaroni salad	Chicken curry Rice	Provençal gluten-free penne Green salad and house dressing	Savoyard gluten-free penne Green salad and house dressing	Chicken pad thai
Soy Free - Ingredient	Beef, carrot, celeriac, red and green pepper, ginger, cilantro, garlic, brown sugar, water chestnut, onion, bok choy White rice	Chicken, Celery, Egg-free and mustard-free mayonnaise (sunflower oil, corn starch, sugar), salt and pepper, Soy- free and gluten-free bread (Tapioca starch, cornstarch, potato starch, brown rice oil, yeast), parsley, chives, tabasco Macaroni (gluten), carrot, broccoli, cucumber, tomato, red and green pepper, onion, olive oil, chives, salt and pepper	Chicken, coconut milk (dairy-free), onion, carrot, red and green pepper, pineapple, spinach, curry, coriander, cornstarch White rice	Gluten-free penne, zucchini, red and yellow pepper, snow peas, eggplant, onion, tomato, garlic, basil, thyme, bay leaf, parsley, rosemary, egg, cream, milk, mozzarella cheese Green salad, carrot olive oil, mustard, maple syrup, vinegar, salt, pepper	Gluten-free penne, potato, smoked turkey, onion, garlic, Swiss cheese, mozzarella and cheddar Green salad, cabbage, carrot Mustard, maple syrup, vinegar, olive oil	Chicken, carrot, snow peas, curry, onion, red, yellow and green pepper, coconut milk (dairy-free), broccoli, ginger, coriander rice noodle

Multicultural Menu 2022-2023

Day 20	11-nov-22	09-déc-22	06-janv-23	03-févr-23	03-mars-23	31-mars-23
Theme	United States	Mexico	Quebec	Morocco	Canada	Italy
Lunch	Wild West meatloaf Vegetable puree	Tex Mex Chicken Whole wheat tortilla	Winter meat pie Creamy coleslaw	Chicken Tagine Pearl barley	Lumberjack Quiche Creamy Maple Coleslaw	Tuscan vegetable stir-fry Bowtie
Lunch - Ingredients	Beef, breadcrumbs (gluten, sesame and soy), carrot, onion, celery, red pepper, garlic, thyme, bay leaf, parsley, rosemary, salt, pepper, oats, tomato, mustard, demi-glace (soy, gluten, corn) , White vinegar Carrot, turnip, potato, margarine (soya), salt	Chicken, black bean, corn, red and green pepper, onion, tomato, paprika, chili powder, garlic, coriander, cumin, salt and pepper Tortilla (whole wheat flour (gluten), salt, contains soy)	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), beef, potato, onion, nutmeg, garlic, parsley, chives, demi-glace (soy, gluten, corn), oats Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), Vinegar, Salt, pepper	Chicken, prune, chickpeas, apricot, demi-glace (soya, gluten, corn), garlic, paprika, cumin, coriander, carrot, onion, zucchini Pearl barley (gluten), apricot, raisin, olive oil	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), egg, potato, smoked turkey, onion, maple syrup, parsley, chive Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), maple syrup, Vinegar, Salt, pepper	Zucchini, eggplant, red and green pepper, onion, basil, snow peas, tofu (soya), tomato, parsley, thyme, bay leaf, rosemary, chives Bowtie (gluten)
Allergen	beef, gluten, soy	chicken, gluten, soy	beef, gluten, soy	chicken, gluten, soy	turkey, egg, gluten, soy	gluten, soy
Food Groups	V; G; P	V; G; P	V; G; P	V; G; P	V; G; P	V; G; P
Lunch Vegetarian	Wild West Veggie Patty Vegetable puree	Tex Mex Tofu Whole wheat tortilla	Vegetarian pie Creamy coleslaw	Vegetarian Tagine Pearl barley	Maple Vegetarian Pie Creamy Maple Coleslaw	Tuscan vegetable stir-fry Bowtie
Vegetarian - Ingredient	Vegetarian patty (contains brown rice, corn, carrot, onion, green and red pepper, broccoli, oats, canola oil, sunflower oil, soy, wheat (gluten), salt, garlic, pepper), breadcrumbs (gluten, sesame and soy) , carrot, onion, celery, red pepper, garlic, thyme, bay leaf, parsley, rosemary, salt, pepper, oats, tomato, mustard, demi-glace (soya, gluten, corn), white vinegar Carrot, turnip, potato, margarine (soya), salt	Tofu (soya), black bean, corn, red and green pepper, onion, tomato, paprika, chili powder, garlic, coriander, cumin, salt and pepper Tortilla (whole wheat flour (gluten), salt, contains soy)	Pie dough (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), Carrots, onions, celery, Vegetarian patty (brown rice, corn, carrot, onion , green and red pepper, broccoli, oats, canola oil, sunflower oil, soy, wheat (gluten), salt, garlic, pepper), Demi-glace (soy, gluten and corn), cornstarch, Salt, pepper, bay leaf Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), Vinegar, Salt, pepper	Tofu (soya), prune, chickpeas, apricot, demi-glace (soya, gluten, corn), garlic, paprika, cumin, coriander, carrot, onion, zucchini Pearl barley (gluten), apricot, raisin, olive oil	Vegan breast (soy and potato), potato, onion, maple syrup, demi-glace (soy, gluten, corn), parsley, chives, pie crust (wheat flour (gluten), canola oil and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil) Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), maple syrup, Vinegar, Salt, pepper	Zucchini, eggplant, red and green pepper, onion, basil, snow peas, tofu (soya), tomato, parsley, thyme, bay leaf, rosemary, chives Bowtie (gluten)
Egg Free					Maple Vegetarian Pie Creamy Maple Coleslaw	
Egg Free - Ingredient					Vegan breast (soy and potato), potato, onion, maple syrup, demi-glace (soy, gluten, corn), parsley, chives, pie crust (wheat flour (gluten), canola oil and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil) Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), maple syrup, Vinegar, Salt, pepper	
Milk Free						
Milk Free - Ingredient						



Day 20	11-nov-22	09-déc-22	06-janv-23	03-févr-23	03-mars-23	31-mars-23
Gluten Free	Wild West meatloaf Vegetable puree	Tex Mex Chicken Gluten-free and soy-free bread	Beef Gluten-Free Penne Creamy coleslaw	Chicken Tagine Pearl barley	Gluten Free Lumberjack Style Penne Creamy Maple Coleslaw	Tuscan vegetable stir-fry gluten-free penne
Gluten Free - Ingredient	Beef, carrot, onion, celery, red pepper, garlic, thyme, bay leaf, parsley, rosemary, salt, pepper, oats, tomato, mustard, cornstarch, white vinegar Carrot, turnip, potato, margarine (soya), salt	Chicken, black bean, corn, red and green pepper, onion, tomato, paprika, chili powder, garlic, coriander, cumin, salt and pepper Tapioca starch, cornstarch, potato starch, brown rice oil, yeast	Gluten-free penne, beef, potato, onion, nutmeg, garlic, parsley, chives Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), Vinegar, Salt, pepper	Chicken, prune, chickpea, apricot, cornstarch, garlic, paprika, cumin, coriander, carrot, onion, zucchini Quinoa, apricot, raisin, olive oil	Gluten-free penne, egg, potato, smoked turkey, onion, maple syrup, parsley, chives Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), maple syrup, Vinegar, Salt, pepper	Zucchini, eggplant, red and green pepper, onion, basil, snow peas, tofu (soya), tomato, parsley, thyme, bay leaf, rosemary, chives gluten-free penne
Soy Free	Wild West meatloaf Vegetable puree	Tex Mex Chicken Gluten-free and soy-free bread	Beef Gluten-Free Penne Creamy coleslaw	Chicken Tagine Pearl barley	Gluten Free Lumberjack Style Penne Creamy Maple Coleslaw	Tuscan vegetable stir-fry Bowtie
Soy Free - Ingredient	Beef, carrot, onion, celery, red pepper, garlic, thyme, bay leaf, parsley, rosemary, salt, pepper, oats, tomato, mustard, cornstarch, white vinegar Carrot, turnip, potato, olive oil, salt	Chicken, black bean, corn, red and green pepper, onion, tomato, paprika, chili powder, garlic, coriander, cumin, salt and pepper Tapioca starch, cornstarch, potato starch, brown rice oil, yeast	Gluten-free penne, beef, potato, onion, nutmeg, garlic, parsley, chives Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), Vinegar, Salt, pepper	Chicken, prune, chickpea, apricot, cornstarch, garlic, paprika, cumin, coriander, carrot, onion, zucchini Pearl barley (gluten), apricot, raisin, olive oil	Gluten-free penne, egg, potato, smoked turkey, onion, maple syrup, parsley, chives Cabbage, Carrots, Mayonnaise without egg and without mustard (sunflower oil, corn starch, sugar), maple syrup, Vinegar, Salt, pepper	Zucchini, eggplant, red and green pepper, onion, basil, snow peas, chicken, tomato, parsley, thyme, bay leaf, rosemary, chives Bowtie (gluten)