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Our Lady of Peace 2023-2024 Menu

Week of:	28-Aug-23	23-Oct-23	18-Dec-23	26-Feb-24	29-Apr-24
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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Ham, turkey and cheese submarine sandwich	Whole wheat bagel with cream cheese and fresh vegetables	Tomato pizza with Ficello cheese, and fresh vegetables	Whole wheat pita bread with tuna salad and fresh vegetables	Mexican salad with chicken, cheese, salsa and corn chips
Warm option #1	Chicken General Tao with basmati rice and vegetables	Beef and veal meat pie with mashed potatoes and green beans	Butter chicken with basmati rice and vegetables	Italian-style beef meatballs with potato wedges and vegetables	Penne and meat sauce made with beef and vegetables
Warm option #2	Macaroni and meat sauce made with beef and vegetables	Cheese and tomato pizza on a whole wheat crust	Shepherd's pie	Multigrain chicken nuggets, mashed potatoes and vegetables	Multigrain chicken burger
Vegetarian Option	Mini Naan bread, hummus, Ficello cheese and fresh vegetables	Fruit Poke Bowl with egg, pineapple and mandarins, spring mix salad and Japanese dressing	Tofu and vegetables à la King with rice	Poke Bowl with tofu, cucumber, spring mix salad and Japanese dressing	Mini Naan bread, hummus, Ficello cheese and fresh vegetables
Snack	Crackers	Yogurt Tube	Fresh Vegetables	Cheese	Coleslaw
Dessert	Fruit Yogurt	Fresh Fruit	Oatmeal and Date Cookie	Strawberry Applesauce	Oatmeal Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk

Week of:	4-Sep-23	30-Oct-23	8-Jan-24	11-Mar-24	6-May-24
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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Whole wheat bagel with cream cheese and fresh vegetables	Caesar salad with chicken, cheese and croutons	Egg salad sandwich in a wheat baguette and Ficello cheese	Submarine sandwich with chicken and peppers	Multigrain chicken and celery salad sandwich
Warm option #1	Western omelette (contains ham), potato wedges and vegetables	Multigrain fish filet with mashed potatoes and vegetables	Ham and cheese Croque-Monsieur on whole wheat bread	Cheese mini-ravioli with a vegetable tomato sauce	Rolled tortilla pizza with turkey pepperoni and cheese
Warm option #2	Penne and meat sauce made with beef and vegetables	Shepherd's pie	Multigrain chicken burger	Chicken hot dogs (2)	Rigatoni and meat sauce made with beef and vegetables
Vegetarian Option	Ricotta and spinach manicotti (2) with rosé sauce	Greek pasta salad (vegetable fusilli, tomatoes, cucumbers, onions and feta cheese)	Ricotta and spinach manicotti (2) with rosé sauce	Vegetarian pâté, mini Naan bread and Ficello cheese	Ricotta and spinach manicotti (2) with rosé sauce
Snack	Mini Pita	Cheese	Coleslaw	Fresh Vegetables	Fresh Vegetables
Dessert	Fresh Fruit	Apple and Buckwheat Cookie	Granola Bar	Fruit Yogurt	Oatmeal Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk



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Week of:	11-Sep-23	6-Nov-23	15-Jan-24	18-Mar-24	13-May-24
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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Wheat panini roll with turkey and lettuce	Grilled chicken wrap with whole wheat tortilla, lettuce, carrots and ranch dressing	Teriyaki salmon salad	Tuna and celery salad with whole wheat bread and cheese	Tomato pizza with Ficello cheese, turkey slice and fresh vegetables
Warm option #1	Sliced ham and syrup with potato wedges and green beans	Midibouffe Mac and Cheese	Chicken Parmigiana with rice pilaf and zucchini slices	Fusilli and meat sauce made with beef and vegetables	Chicken burger
Warm option #2	Vegetarian pizza on a whole wheat crust (with peppers, onions and cheese)	Beef hamburger	Shepherd's pie	Chicken meatballs with BBQ sauce, rice with quinoa, and vegetables	Tofu General Tao with basmati rice and vegetables
Vegetarian Option	Fruit Poke Bowl with egg, pineapple and mandarins, spring mix salad and dressing	Cheese omelette with potato wedges and vegetables	Poke Bowl with tofu, cucumber, spring mix salad and Japanese dressing	Cheese omelette with potato wedges and vegetables	Poke Bowl with tofu, cucumber, spring mix salad and Japanese dressing
Snack	Cheese	Fresh Vegetables	Crackers	Fresh Vegetables	Fresh Vegetables
Dessert	Yogurt Tube	Fresh Fruit	Carrot Muffin	Chocolate Pudding	Graham and Flax Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk

Week of:	18-Sep-23	13-Nov-23	22-Jan-24	25-Mar-24	20-May-24
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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Mini Naan bread, hummus, Ficello cheese and fresh vegetables	Turkey and cheese submarine sandwich	Whole wheat bagel with cream cheese and fresh vegetables	Assorted Sandwiches (3): ham salad, egg salad and cheese, with fresh vegetables	Caesar salad with chicken, cheese and croutons
Warm option #1	Salmon filet with rice pilaf and vegetables	Macaroni and meat sauce made with beef and vegetables	Turkey pepperoni and cheese pizza on a whole wheat crust	Crêpes with slices of smoked turkey, cheese, couscous et vegetables	Shepherd's pie
Warm option #2	BBQ Chicken filet with rice pilaf and vegetables	Multigrain chicken nuggets (5), mashed potatoes and vegetables	Chicken brochette (without skewer), rice, red quinoa and vegetables	Penne and meat sauce made with beef and vegetables	Multigrain chicken burger
Vegetarian Option	Vegetable fusilli with vegetable tomato sauce, gratiné	Crustless ricotta and spinach quiche and vegetables	Tofu and vegetables à la King with rice	Crustless ricotta and spinach quiche and vegetables	Vegetable fusilli with vegetable tomato sauce, gratiné
Snack	Cheese	Mini Pita	Vegetable Juice	Cheese	Fresh Vegetables
Dessert	Fresh Fruit	Fruit Yogurt	Oatmeal and Raspberry Cookie	Yogurt Tube	Granola Bar
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk



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Week of:	25-Sep-23	20-Nov-23	29-Jan-24	1-Apr-24	27-May-24
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WEEK 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Oriental chicken salad and salad roll	Whole wheat bagel with cream cheese and fresh vegetables	Couscous salad with vegetables and legumes	Tomato pizza with Ficello cheese and fresh vegetables	Kaiser bun with ham and cheese
Warm option #1	Salmon pie with green beans	Whole wheat fajitas (2) with chicken and peppers	Beef hamburger	Fusilli and meat sauce made with beef and vegetables, gratiné	Chicken hot dogs (2)
Warm option #2	Penne and meat sauce made with beef and vegetables	Shepherd's pie	Midibouffe Mac and Cheese	Oriental-style chicken filet with basmati rice and vegetables	Chicken meatballs with BBQ sauce, basmati rice and vegetables
Vegetarian Option	Tofu General Tao with basmati rice and vegetables	Cheese mini-ravioli with rosé sauce	Tofu General Tao with basmati rice and vegetables	Cheese mini-ravioli with rosé sauce	Vegetarian pâté, mini Naan bread and Ficello cheese
Snack	Yogurt Tube	Fresh Vegetables	Coleslaw	Crackers	Fresh Vegetables
Dessert	Fresh Fruit	Oatmeal Cookie	Fruit Yogurt	Applesauce	Quinoa and Cranberry Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk

Week of:	2-Oct-23	27-Nov-23	5-Feb-24	8-Apr-24	3-Jun-24
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WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Submarine sandwich with chicken and peppers	Ham salad sandwich (2 buns)	Vegetable fusilli salade with tuna, egg, and tomatoes	Mexican salad with chicken, cheese, salsa and corn chips	Chicken and celery salad in a whole wheat baguette
Warm option #1	Fusilli and meat sauce made with beef and vegetables	Hamburger steak and gravy with potato wedges, peas and carrots	Multigrain chicken nuggets (5), mashed potatoes and vegetables	Penne and meat sauce made with beef and vegetables	Rolled tortilla pizza with turkey pepperoni and cheese
Warm option #2	Oriental-style rice with chicken and vegetables	Shepherd's pie	Chicken and vegetables à la King with rice	Multigrain chicken burger	Vegetable fusilli with rosé sauce
Vegetarian Option	Greek pasta salad (vegetable fusilli with tomatoes, cucumbers, onions and feta cheese)	Mini Naan bread, hummus, Ficello cheese and fresh vegetables	Tofu and vegetables à la King with rice	Mini Naan bread, hummus, Ficello cheese and fresh vegetables	Greek pasta salad (vegetable fusilli with tomatoes, cucumbers, onions and feta cheese)
Snack	Mini Pita	Fresh Vegetables	Yogurt Tube	Fresh Vegetables	Cheese
Dessert	Fresh Fruit	Graham and flax cookie	Vanilla Pudding	Blueberry Applesauce	Oatmeal Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk



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Week of:	9-Oct-23	4-Dec-23	12-Feb-24	15-Apr-24	10-Jun-24
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WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Grilled chicken wrap with whole wheat tortilla, lettuce, carrots and ranch dressing	Whole wheat bagel with cream cheese and fresh vegetables	Tomato pizza with Ficello cheese and fresh vegetables	Greek salad with iceberg lettuce, tomatoes, cucumbers, onions and feta cheese	Tuna and celery salad with whole wheat bread and a cheese snack
Warm option #1	Midibouffe Mac and Cheese	Sweet chili chicken with basmati rice and vegetables	Rigatoni and meat sauce made with beef and vegetables	Hamburger steak and gravy with potato wedges, peas and carrots	Chicken burger
Warm option #2	Fish burger	Shepherd's pie	Whole wheat wrap with grilled chicken and Mexi-Casa cheese	Chicken Parmigiana with rice pilaf and zucchini slices	Ribs (boneless) with pilaf rice and vegetables
Vegetarian Option	Cheese mini-ravioli with rosé sauce	Vegetarian pizza on a whole wheat crust (with peppers, onions and cheese)	Cheese mini-ravioli with rosé sauce	Vegetarian pizza on a whole wheat crust (with peppers, onions and cheese)	Cheese mini-ravioli with rosé sauce
Snack	Fresh Vegetables	Cheese	Fresh Vegetables	Mini Pita	Coleslaw
Dessert	Fresh Fruit	Banana and Flax Cookie	Oatmeal and Raspberry Cookie	Fruit Yogurt	Oatmeal Cookie
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk

Week of:	16-Oct-23	11-Dec-23	19-Feb-24	22-Apr-24	17-Jun-24
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WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cold Option	Guacamole and mini Naan bread with Ficello cheese	Whole wheat bagel with cream cheese and fresh vegetables	Assorted Sandwiches (3): ham salad, egg salad and cheese, with fresh vegetables	Vegetarian pâté, mini Naan bread and Ficello cheese	Tomato pizza with Ficello cheese and fresh vegetables
Warm option #1	Chicken pie and vegetables	BRUNCH: Crêpe with a slice of smoked turkey, cheese, eggs and potato wedges	Chicken and vegetables à la King with rice	Veal and beef tortellini with rosé sauce	Fusilli and meat sauce made with beef and vegetables
Warm option #2	Farfalle with salmon, broccoli and mushroom sauce	Macaroni and meat sauce made with beef and vegetables	Chicken meatballs with BBQ sauce, pilaf rice and vegetables	Multigrain chicken burger	Shepherd's pie
Vegetarian Option	Couscous salad with vegetables and legumes	Crustless ricotta and spinach quiche and vegetables	Tofu and vegetables à la King with rice	Crustless ricotta and spinach quiche and vegetables	Couscous salad with vegetables and legumes
Snack	Yogurt Tube	Mini Pita	Fresh Vegetables	Fresh Vegetables	Cheese
Dessert	Blueberry Applesauce	Fresh Fruit	Fruit Yogurt	Graham and Flax Cookie	Granola Bar
Beverage	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk	100% fruit juice or 2% milk