

Week 1 : June 29 to July 3 2020

	Monday june 29	Tuesday 30 june	Wednesday 1st july	Thursday 2 july	Friday 3 july
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Mac and cheese Served with broccoli	Chicken parmesan sauce Served with spaghetti nest and julienne carrots	Egg sandwich Served with carrots and tomatoes	Teriyaki meatballs Served with rice, green beans and grain corns.	Vege bolognese spaghetti Homemade sauce with soy proteins
Dessert	Applesauce	Tube Yogurt	Strawberry yogurt cookie	Carrot cake	Tangerines in syrup
Collation PM	Cookie & orange quarters	Fruits salad & cookie tea	Tzatziki & celery	Cheese & tomatoes	Yogurt & rice cake

Week 2 : July 6 to july 10 2020

	Monday july 6	Tuesday july 7	Wednesday july 8	Thursday july 9	Friday july 10
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Parmigiana veal Served with garlic spaghetti, green peas, grain corn, carrots and green beans.	Chicken skewer Served with rice and carrots	Teriyaki tofu Served with rice vermicelli, green beans and julienne carrots.	Chinese macaroni Mixture of macaroni, ground beef, bean sprouts, peppers and carrots	Fish sticks Served with vegetables rice, green peas, carrots, grain corns and green beans.
Dessert	Graham & linen cookie	Appelsauce peach	Banana loaf	Pears in syrup	Tube Yogurt
Collation PM	Carrots & dip	Tomato pizza	Minigo & banana	Rice cake & jam	Cereal mix & orange quarters

Week 3 : July 13 to july 17 2020

	Monday july 13	Tuesday july 14	Wednesday july 15	Thursday july 16	Friday july 17
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	General Tao Served with rice vermicelli, carrots and broccolis	Vege chinese macaroni With soy proteins	Hamburger McChef With cheese served with potatoes quarters	Stir beef and brocolis Simmered beef with honey and garlic sauce, broccoli and carrots on rice vermicelli	Ketchup Chicken Chicken thigh in a ketchup sauce served on rotinis pasta and broccolis.
Dessert	Oat cake	Pineapple in syrup	Minigo	Reine Élizabéth	Applesauce
Collation PM	Appelsauce strawberry & cookie tea	Cheese & tomatoes	Cookie & orange quarters	Carrots & dip	Yogurt & rice cake

Week 4 : July 20 to july 24 2020

	Monday july 20	Tuesday july 21	Wednesday july 22	Thursday july 23	Friday july 24
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Spanish meatballs Served with tomato rice, grain corns and carrots.	Mac and cheese Served with broccoli	Stir fry Teriyaki Served with rice vermicelli, julienne carrots and green beans.	Fish sticks Served with vegetables rice, green peas, carrots, grain corns and green beans	BBQ chicken Served with mashed potatoes, carrots and green peas
Dessert	Tube Yogurt	Carrot cake	Vanilla sun cookie	Pears in syrup	Lemon & poppy leaf
Collation PM	Cheese & tomatoes	Celery & dip	Cereal mix & orange quarters	Galette riz & confiture	Applesauce strawberry & cookie tea

Week 5 : July 27 juillet to july 31 2020

	Monday july 27	Tuesday july 28	Wednesday july 29	Thursday july 30	Friday july 31
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Sherperd's pie	Mexican omelette Served with potatoes, green and yellow beans	Vege bolognese spaghetti Homemade sauce with soy proteins	Hamburger Steak Served with mashed potatoes, carrots and green peas	Orange honey chicken Served with rice, green and yellow beans
Dessert	Minigo	Fruits salads	Banana velvety	Oat cake	Strawberry yogurt cookie
Collation PM	Applesauce & cookie tea	Yogurt & rice cake	Tomato pizza	Carrots & dip	Applesauce peach & cookie tea

Week 6 : August 3 to august 7 2020

	Monday august 3	Tuesday august 4	Wednesday august 5	Thursday august 6	Friday august 7
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Chicken skewer Served with rice and carrots	Spinach ricotta manicotti Served with cauliflower and broccoli	Stir fry Teriyaki Served with rice vermicelli, julienne carrots and green beans.	Teriyaki meatballs Served with rice, green beans and grain corns.	Vege sheperd's pie Served with soy proteins
Dessert	Graham & linen cookie	Applesauce peach	Tube Yogurt	Pears in syrup	Reine Élizabeth
Collation PM	Pineapple syrup & cookie tea	Minigo & banana	Cheese & tomatoes	Banana loaf	Carrots & dip



Menu june 29 to august 14 2020

Summer day camp

Week 7 : August 10 to august 14 2020

	Monday august 10	Tuesday august 11	Wednesday august 12	Thursday august 13	Friday august 14
Fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits
Meal	Meatloaf Served with mashed potatoes, squash and carrots	BBQ chicken Served with mashed potatoes, carrots and green peas	Hamburger McChef With cheese served with potatoes quarters	Vege chinese macaroni With soy proteins	Teriyaki tofu Served with rice vermicelli, green beans and julienne carrots.
Dessert	Oat cake	Peach in syrup	Tube Yogurt	Applesauce	Chocolat loaf
Collation PM	Applesauce strawberry and cookie tea	Tomato pizza	Cereal mix & orange quarters	Yogurt & rice cake	Celery & dip