

# Fall/Winter Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY or chef's choice*
1	<p><i>Snack: Fruits</i></p> <p>Fish rotini Seasonal vegetables Fruit salad, milk</p> <p><i>Snack: Homemade cookie</i></p>	<p><i>Snack: Fruits</i></p> <p>Corn chowder Cheese and herb bread Yogurt, milk</p> <p><i>Snack: Pita and dip</i></p>	<p><i>Snack: Fruits</i></p> <p>Sautéed hunter's chicken Rice Fresh fruit, milk</p> <p><i>Snack: Tender fruit bar, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Beef stew Mashed potatoes Fruit compot, milk</p> <p><i>Snack: Bagel and cream cheese with fruits</i></p>	<p><i>Snack: Fruits</i></p> <p>Lentils soup Hot vegetables crunch on english muffin Fruits crisp, milk</p> <p><i>Snack: Fortified parfait with fruits</i></p>
2	<p><i>Snack: Fruits</i></p> <p>Chicken vol-au-vent in whole wheat blossom, seasonal vegetables Fruit compote, milk</p> <p><i>Snack: Graham biscuit and soy butter</i></p>	<p><i>Snack: Fruits</i></p> <p>pasta primavera Brocoli Fruit salad, milk</p> <p><i>Snack: Apple-cinnamon cake, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Vegetable quiche Coleslaw Homemade citrus sorbet, milk</p> <p><i>Snack: Rice cake and fruit compote</i></p>	<p><i>Snack: Fruits</i></p> <p>Shepherd pie Beet salad Yogurt, milk</p> <p><i>Snack: Date squares, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Tagine with veggie meatballs Bulgur, raw vegetables Fresh fruits, milk</p> <p><i>Snack: Apple-cheddar cookie, milk</i></p>
3	<p><i>Snack: Fruits</i></p> <p>Vegetables soup or velouté with beans Focaccia Fruits with milk</p> <p><i>Snack: Cheese and apple wedge</i></p>	<p><i>Snack: Fruits</i></p> <p>Spanish frittata Chief's salad Yogurt, milk</p> <p><i>Snack: Homemade cookies, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Swedish meatballs (poultry) Mashed potatoes and turnip Fruit compot, milk</p> <p><i>Snack: Veggie pâté and cracker</i></p>	<p><i>Snack: Fruits</i></p> <p>Rice and fish casserole Glazed carrots Homemade iced bars, milk</p> <p><i>Snack: Vegetable croquette</i></p>	<p><i>Snack: Fruits</i></p> <p>Vegetarian pizza (cheese and veggies) Chef salad Strawberry mousse, milk</p> <p><i>Snack: Soy butter spread with fruits</i></p>
4	<p><i>Snack: Fruits</i></p> <p>Beef and barley soup Wheat English muffin Crispy berry squares, milk</p> <p><i>Snack: Fruit smoothie and dry biscuits</i></p>	<p><i>Snack: Fruits</i></p> <p>Thai fried rice Mandarin spinach Fruit compot, milk</p> <p><i>Snack: Raw vegetables and dip</i></p>	<p><i>Snack: Fruits</i></p> <p>Fish lasagna Carrot salad Yogurt, milk</p> <p><i>Snack: Homemade muffin, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Eggs sandwiches (whole wheat) Caesar salads Pineapple squares, milk</p> <p><i>Snack: , Homemade cookies, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Chili con carne beef, chef's salad, rice Shredded cheese Fresh fruits, milk</p> <p><i>Snack: Bread fruit</i></p>
5	<p><i>Snack: Fruits</i></p> <p>Chicken and white beans cassoulet Vegetables, naan bread Yogurt, milk</p> <p><i>Snack: Apple bar, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Crécy soup Served with grilled cheese bites fresh fruits, milk</p> <p><i>Snack: Balls of energy</i></p>	<p><i>Snack: Fruits</i></p> <p>Fish cake, mixed grain pilaf Roasted brussels sprouts Fresh fruit, milk</p> <p><i>Snack: Rice cake and homemade jam</i></p>	<p><i>Snack: Fruits</i></p> <p>Moussaka corn salad Fruit salad, milk</p> <p><i>Snack: Homemade giant oatmeal cookies, milk</i></p>	<p><i>Snack: Fruits</i></p> <p>Macaroni with vegetables au gratin Cucumber Ice cream, milk</p> <p><i>Snack: Raisin bread, milk</i></p>



Centre de la petite enfance  
des employés de Bombardier  
Aéronautique (Montréal)

Menu season  
Fall/Winter

If your kid has any allergies, make sure our monitors are aware, if not you can send an email to [info@cpebombardier.com](mailto:info@cpebombardier.com) or contact your center, either **Vol-au-vent (514 331-1190)** or **Courant d'air (514 422-0742)**.

View [cpebombardier.com](http://cpebombardier.com) for more details.

The menu is subject to changes to get fresh produce in appropriate dishes.

# Spring/Summer Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<p><i>Snack: Fruits</i></p> <p>Tofu and legumes butter Basmati rice "crudités" of the moment Pineapple-lime frozen yogurt, milk <i>Snack: Homemade "Super heroes" cookie</i></p>	<p><i>Snack: Fruits</i></p> <p>Market vegetable pizza Vegetables of the moment Fresh fruits, milk <i>Snack: Soy butter on wheat crackers</i></p>	<p><i>Snack: Fruits</i></p> <p>Asian chicken Quinoa, seasonal vegetables Fruit compote, milk <i>Snack: Bagel with cream cheese</i></p>	<p><i>Snack: Fruits</i></p> <p>Spaghetti with meat sauce (beef) Market gardener's salad Fruit yogurt, milk <i>Snack: Fruits scones</i></p>	<p><i>Snack: Fruits</i></p> <p>Frittata Ole Seasonal vegetables Fruit bread, milk <i>Snack: Smoothie with dry biscuits</i></p>
2	<p><i>Snack: Fruits</i></p> <p>Chicken parmesan-mushrooms Bulgur, seasonal root vegetables Fresh fruit, milk <i>Snack: Fruits crisp</i></p>	<p><i>Snack: Fruits</i></p> <p>Meat lasagna Market gardener's salad Fruit compote, milk <i>Snack: Yogurt and granola parfait</i></p>	<p><i>Snack: Fruits</i></p> <p>Veggie burger on wheat bread Homemade sauce, lettuce and Tomatoes, coleslaw Fresh fruit, milk <i>Snack: Pear and lime treat</i></p>	<p><i>Snack: Fruits</i></p> <p>Braised coconut curry fish Rice, seasonal vegetables Fruit yogurt, milk <i>Snack: Carrot pineapple bread</i></p>	<p><i>Snack: Fruits</i></p> <p>Brocoli and feta quiche Salad of the moment Homemade banana-coconut sorbet, milk <i>Snack: Salsa con queso and tortillas</i></p>
3	<p><i>Snack: Fruits</i></p> <p>Greek pasta salad, Pita bread, "crudités" of the moment Yogurt, milk <i>Snack: Fruits muffin</i></p>	<p><i>Snack: Fruits</i></p> <p>Roll-a-thon sandwich Curly lettuce salad with cheese and apples Ice cream cone, milk <i>Snack: Homemade cookies</i></p>	<p><i>Snack: Fruits</i></p> <p>Chicken with ginger and lemon Rice and vegetables, Fruit compote <i>Snack: Vegetable muffin and feta</i></p>	<p><i>Snack: Fruits</i></p> <p>Tofu croquettes, velvety mushroom sauce Grilled seasonal vegetables Summer delight, milk <i>Snack: Fruit bread</i></p>	<p><i>Snack: Fruits</i></p> <p>Beef burger and condiments Seasonal green salad Fres fruit, milk <i>Snack: Spread of vegetables and pita</i></p>
4	<p><i>Snack: Fruits</i></p> <p>Mexican rice Seasonal vegetables, Fruit yogurt, milk <i>Snack: Cherry cereal bar</i></p>	<p><i>Snack: Fruits</i></p> <p>Deviled egg style pasta salad Tomatoes and cucumber Homemade fruit sorbet, milk <i>Snack: Homemade biscuits</i></p>	<p><i>Snack: Fruits</i></p> <p>Beef and vegetables rigatoni Green salad from the garden Ice cream cone, milk <i>Snack: Smoothie with dry biscuits</i></p>	<p><i>Snack: Fruits</i></p> <p>Chicken quesadillas and black beans with garnishes "Crudités" of the moment Fresh fruits, milk <i>Snack: Fruits clafoutis</i></p>	<p><i>Snack: Fruits</i></p> <p>General tao tofu with rice and "crudités" Garden root vegetable salad Fresh fruit <i>Snack: "Crudités" of the moment and dip</i></p>
5	<p><i>Snack: Fruits</i></p> <p>Cheese macaroni "Crudités" of the moment Salad fruit, milk <i>Snack: Apple and soy butter spread</i></p>	<p><i>Snack: Fruits</i></p> <p>Fish cake Bulgur with vegetables Apple salad three colors, milk <i>Snack: Raisin bread</i></p>	<p><i>Snack: Fruits</i></p> <p>Chicken rolls, lettuce and tomato Garden vegetable salad Three melons salad with basil, milk <i>Snack: "Crudités" of the moment and cheese</i></p>	<p><i>Snack: Fruits</i></p> <p>Small meatloaf Potatoes of the market, "crudités" Fresh fruit, milk <i>Snack: Bagel bite and spread</i></p>	<p><i>Snack: Fruits</i></p> <p>Multicolored couscous salad with vegetables and chickpeas, tomatoes and cucumbers, Naan bread Homemade ice cream bars <i>Snack: Fresh fruit and spread</i></p>



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