

WEEK 1

November 1 to 7, 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH							
SOUP	Cream of garden vegetables	Beef and orzo	Vegetables and noodle (stars)	Cream of celery	Minestrone	Philadelphia soup	Beef noodle (rings)
MAIN DISH 1	Hot chicken sandwich	Seafood bechamel sauce	Roast pork with shallot sauce	French veal stew	Roast beef, onion gravy	Mushroom chicken	Quiche lorraine
MAIN DISH 2	Rotini with tomato & vegetable sauce	Hamburger steak, demi-glace sauce	Mini vegetable frittata	Tomato and pesto basa filet	Fusilli with primavera sauce	Cannelloni with tomato sauce	Mexican rice
VEGETABLE	Green peas	Montego vegetable mix	Broccoli and cauliflower	Beets	Glazed carrots	Garden vegetable mix	Green beans
STARCH	French fries Mashed potatoes	Egg noodle Mashed potatoes	Mashed potatoes	Chef's potatoes Mashed potatoes	Boiled potatoes with parsley Mashed potatoes	Mashed potatoes	Mashed potatoes
DESSERT	Boston cream cake	Chocolate hazelnut mini donuts	Peach jello	Strawberry rhubarb pie	Raspberry cake	Carrot cake	Homemade fruit salad
SUPPER							
SOUP	Chicken and rice	Cream of broccoli	Cream of mushroom	Beef and barley	Pumpkin	Vegetable and lentil	Cream of parsnip and carrot
MAIN DISH 1	Carrot beef stew	Asian style chicken	Stuffed green peppers	Meat pie with gravy	Chicken parmesan	Breaded sole fillet	Beef meatballs with mushroom sauce
MAIN DISH 2	Rotini with tomato & vegetable sauce	Hamburger steak, demi-glace sauce	Mini vegetable frittata	Tomato and pesto basa filet	Fusilli with primavera sauce	Cannelloni with tomato sauce	Mexican rice
VEGETABLE	Broccoli	Yellow carrots	Garden vegetables	Sunny style vegetable mix	Yellow beans	Florentin vegetable mix	Sunny style vegetable mix
STARCH	Mashed potatoes	Rice Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	Mashed potatoes
DESSERT	Cheesecake mousse, strawberry sauce	Strawberry ice cream	Coconut cream pie	Chocolate cake	Vanilla ice cream	Brownies, chocolate sauce	Strawberry shortcake

WEEK 2

November 8 to 14, 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH							
SOUP	Tomato and white beans	Vegetable and barley	Chicken noodle (alphabet)	Tomato and noodle	Farmer's soup	Beef noodle (alphabet)	Vegetable and noodle
MAIN DISH 1	BBQ pork	Chicken pot pie	Ginger pork	Grilled chicken with BBQ sauce	Pork meatballs with peaches	Chicken with garden vegetables	Brunch style plate
MAIN DISH 2	Basa with mediterranean sauce	Rotini with marinara sauce	Cod fillet with lemon	Plain omelet, fruit ketchup	Lemon and pepper basa with dill sauce	Vegetable chili	Provençal beef
VEGETABLE	Carrots and parsnips	Green beans	Florentin vegetable mix	Green peas	Beets	Sunny style vegetable mix	Yellow beans
STARCH	Chef's potatoes Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	French fries Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	Potatoes croquette Mashed potatoes
DESSERT	Yogourt and passion fruit cake	Butterscotch ice cream	Lemon pie	Maple cake	Fresh watermelon	Chocolate duo cake	Orange sorbet
SUPPER							
SOUP	Beef and orzo	Cream of celery	Cream of vegetable	Cream of zucchini	Chicken rice	Vegetable and lentil	Cream of chicken
MAIN DISH 1	Chicken fricassé	Veal in mushroom, wine and leek sauce	Meatloaf with onion bacon sauce	Spaghetti with meat sauce	Shepherd's pie	Three color fusilli with Alfredo sauce	Fish cake with tarragon sauce
MAIN DISH 2	Basa with mediterranean sauce	Rotini with marinara sauce	Cod fillet with lemon	Plain omelet, fruit ketchup	Lemon and pepper basa with dill sauce	Vegetable chili	Provençal beef
VEGETABLE	Broccoli	Garden vegetables	Yellow carrots	Garden salad Broccoli	Diced carrots	Garden salad Garden vegetable mix	Montego vegetable mix
STARCH	Mashed potatoes	Mashed potatoes	Boiled potatoes with parsley Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes
DESSERT	Profiteroles, chocolate sauce	Mini berry donuts	Homemade fruit salad	Molasses cake	Sponge cake with sugar cream	Banana bread	Old-fashioned sugar pie

WEEK 3

November 15 to 21, 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH							
SOUP	Cream of mushroom	Vegetable and barley	Vegetable and noodle (rings)	Squash potage	Cream of leeks	Beef rice	Chicken noodle (stars)
MAIN DISH 1	Osso buco	Festival beef	Linguine with lentil bolognese	Pork sausages with tomato ketchup	Swiss style beef	Spaghetti with meat sauce	Swedish meat balls (beef)
MAIN DISH 2	Ratatouille au gratin	Vegetarian stew	Western omelette	Tuna sandwich cold plate	Macaroni with cheese sauce	Basa with fine herbs	French toast with syrup
VEGETABLE	Sunny style vegetable mix	Broccoli	Garden salad Garden vegetable mix	Green peas	Brocoli and cauliflower	Garden salad Julienned carrots	Garden vegetable mix
STARCH	Egg noodles Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes	Boiled potatoes with parsley Mashed potatoes
DESSERT	Pear and caramel cake	Strawberry cake	Peach frozen yogourt	Cherry jello	Chocolate pie	Chocolate chip cookie	Vanilla roll cake
SUPPER							
SOUP	Beef noodle (stars)	Tomato and rice	Beef and noodle	Old fashioned peas	Chicken and orzo	Cream of tomato	Vegetable and lentil
MAIN DISH 1	Breaded chicken, dijonaise sauce	Salmon pot pie, bechamel sauce	Chicken stew	Chicken fillets with sweet and sour sauce	Teriyaki chicken stir fry	Pork with garden vegetables	Sliced ham with pineapple sauce
MAIN DISH 2	Ratatouille au gratin	Vegetarian stew	Western omelette	Tuna sandwich cold plate	Macaroni with cheese sauce	Basa with fine herbs	French toast with syrup
VEGETABLE	Yellow carrots	Green peas	Yellow beans	Glazed carrots	Oriental mix	Florentin vegetable mix	Carrots and parsnips
STARCH	Mashed potatoes	Mashed potatoes	Mashed potatoes	French fries Mashed potatoes	Rice Mashed potatoes	Mashed potatoes	Mashed potatoes
DESSERT	Homemade fruit salad	Mini caramel donuts	Apple pie	Maple cake	Orange and cranberry cake	Pouding chômeur	Chocolate ice cream

WEEK 4

November 22 to 28, 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH							
SOUP	Cream of garden vegetables	Beef and orzo	Vegetables and noodle (stars)	Cream of celery	Minestrone	Philadelphia soup	Beef noodle (rings)
MAIN DISH 1	Hot chicken sandwich	Seafood bechamel sauce	Roast pork with shallot sauce	French veal stew	Roast beef, onion gravy	Mushroom chicken	Quiche lorraine
MAIN DISH 2	Rotini with tomato & vegetable sauce	Hamburger steak, demi-glace sauce	Mini vegetable frittata	Tomato and pesto basa filet	Fusilli with primavera sauce	Cannelloni with tomato sauce	Mexican rice
VEGETABLE	Green peas	Montego vegetable mix	Broccoli and cauliflower	Beets	Glazed carrots	Garden vegetable mix	Green beans
STARCH	French fries Mashed potatoes	Egg noodle Mashed potatoes	Mashed potatoes	Chef's potatoes Mashed potatoes	Boiled potatoes with parsley Mashed potatoes	Mashed potatoes	Mashed potatoes
DESSERT	Boston cream cake	Chocolate hazelnut mini donuts	Peach jello	Strawberry rhubarb pie	Raspberry cake	Carrot cake	Homemade fruit salad
SUPPER							
SOUP	Chicken and rice	Cream of broccoli	Cream of mushroom	Beef and barley	Pumpkin	Vegetable and lentil	Cream of parsnip and carrot
MAIN DISH 1	Carrot beef stew	Asian style chicken	Stuffed green peppers	Meat pie with gravy	Chicken parmesan	Breaded sole fillet	Beef meatballs with mushroom sauce
MAIN DISH 2	Rotini with tomato & vegetable sauce	Hamburger steak, demi-glace sauce	Mini vegetable frittata	Tomato and pesto basa filet	Fusilli with primavera sauce	Cannelloni with tomato sauce	Mexican rice
VEGETABLE	Broccoli	Yellow carrots	Garden vegetables	Sunny style vegetable mix	Yellow beans	Florentin vegetable mix	Sunny style vegetable mix
STARCH	Mashed potatoes	Rice Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	Mashed potatoes
DESSERT	Cheesecake mousse, strawberry sauce	Strawberry ice cream	Coconut cream pie	Chocolate cake	Vanilla ice cream	Brownies, chocolate sauce	Strawberry shortcake

WEEK 5

November 28 to December 5, 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH							
SOUP	Tomato and white beans	Vegetable and barley	Chicken noodle (alphabet)	Tomato and noodle	Farmer's soup	Beef noodle (alphabet)	Vegetable and noodle
MAIN DISH 1	BBQ pork	Chicken pot pie	Ginger pork	Grilled chicken with BBQ sauce	Pork meatballs with peaches	Chicken with garden vegetables	Brunch style plate
MAIN DISH 2	Basa with mediterranean sauce	Rotini with marinara sauce	Cod fillet with lemon	Plain omelet, fruit ketchup	Lemon and pepper basa with dill sauce	Vegetable chili	Provençal beef
VEGETABLE	Carrots and parsnips	Green beans	Florentin vegetable mix	Green peas	Beets	Sunny style vegetable mix	Yellow beans
STARCH	Chef's potatoes Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	French fries Mashed potatoes	Mashed potatoes	Rice Mashed potatoes	Potatoes croquette Mashed potatoes
DESSERT	Yogourt and passion fruit cake	Butterscotch ice cream	Lemon pie	Maple cake	Fresh watermelon	Chocolate duo cake	Orange sorbet
SUPPER							
SOUP	Beef and orzo	Cream of celery	Cream of vegetable	Cream of zucchini	Chicken rice	Vegetable and lentil	Cream of chicken
MAIN DISH 1	Chicken fricassé	Veal in mushroom, wine and leek sauce	Meatloaf with onion bacon sauce	Spaghetti with meat sauce	Shepherd's pie	Three color fusilli with Alfredo sauce	Fish cake with tarragon sauce
MAIN DISH 2	Basa with mediterranean sauce	Rotini with marinara sauce	Cod fillet with lemon	Plain omelet, fruit ketchup	Lemon and pepper basa with dill sauce	Vegetable chili	Provençal beef
VEGETABLE	Broccoli	Garden vegetables	Yellow carrots	Garden salad Broccoli	Diced carrots	Garden salad Garden vegetable mix	Montego vegetable mix
STARCH	Mashed potatoes	Mashed potatoes	Boiled potatoes with parsley Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes	Mashed potatoes
DESSERT	Profiteroles, chocolate sauce	Mini berry donuts	Homemade fruit salad	Molasses cake	Sponge cake with sugar cream	Banana bread	Old-fashioned sugar pie