



ELMWOOD
SCHOOL

Elmwood Bistro - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7 Creamy mac n' cheese made with local St. Albert's cheese and caesar salad	8 Roasted chicken legs with rice and lentil pilaf and garden salad	9 Vegetarian quiche with roasted potatoes and garden salad	10 Beef quesadilla filled with O'Brien Farms local beef, organic beans and garden salad	11 Grilled cheese filled with cheddar cheese and a choice of creamy tomato soup or garden salad
14 Vegetarian bolognese sauce with penne pasta and a choice of caesar or garden salad	15 Fish pot pie filled with cod and mixed vegetables, topped with creamy mash potatoes and garden salad	16 Local pork sausages with buttered potatoes, sauerkraut and garden salad	17 Sandwich Day! Choice of chicken, roast pork or egg sandwich with a choice of soup or salad	18 Cheeseburger made with O'Brien farms local beef, macaroni salad and garden salad
21 Cheese tortellini pasta bake with beef bolognese sauce and a choice of caesar or garden salad	22 Oven roasted chicken legs with sweet soy sauce, chow mein noodles & garden salad	23 Cod cakes with mushy peas, homemade tartar sauce and garden salad	24 Grilled cheese filled with cheddar cheese and a choice of creamy tomato soup or garden salad	25 Poutine style baked potato with St. Albert's cheese curds, homemade beef gravy and garden salad
28 Organic whole wheat pasta with mixed vegetable tomato sauce and a choice of caesar or garden salad	29 Turkey sausages with buttered potatoes, sauerkraut and garden salad	30 Pulled pork tostada with organic black beans, cheddar cheese, salsa, plain yogurt and garden salad	31 Sandwich Day! Choice of chicken, roast pork or egg sandwich with a choice of soup or salad	February 1 Panko crusted chicken burger with pasta salad and garden salad