



ELMWOOD SCHOOL

Elmwood Bistro February 4 – March 1, 2019

Sample Snack Menu					
AM	Multigrain cheerios with 2% milk	Vegetables and dip	Homemade mini muffin with fresh fruit	Whole wheat mini bagel with cream cheese and apple slices	Hot Oatmeal with local maple syrup
PM	Fresh fruit	Whole wheat crackers with cheddar cheese and apple slices	Vanilla yoghurt	Vegetables and dip	Fresh fruit

Monday	Tuesday	Wednesday	Thursday	Friday
February 4 Cheese tortellini with mixed vegetables, brown butter sauce and Caesar salad	5 Roasted chicken legs with rice and lentil pilaf and buttered green peas	6 Meatballs and gravy made with O'Brien Farms local beef, creamy mash potatoes and buttered corn	7 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup	8 Cheeseburger made with O'Brien Farms local beef, macaroni salad and green salad
11 Creamy macaroni and cheese made with local St. Albert's cheese and buttered green peas and Caesar salad	12 Chicken stew with creamy mash potatoes and steamed broccoli	13 Beef quesadilla filled with organic beans, local cheddar cheese and steamed rice and corn	14 Soup and sandwich day! Roast turkey sandwich with whole wheat bread, sliced cheese, fresh vegetables and soup of the day	15 Holiday
18 Holiday	19 Vegetarian Bolognese with penne pasta and Caesar salad	20 Oven roasted chicken legs with sweet soy sauce, chow mein noodles and garden salad	21 Grilled cheese sandwich filled with local St. Albert's cheddar cheese and homemade chicken noodle soup	22 Pizza day! Homemade cheese pizza with Caesar salad
25 Organic whole wheat pasta with mixed vegetable tomato sauce and Caesar salad	26 Turkey sausage with buttered potatoes and steamed broccoli	27 Chicken quesadilla with organic white beans, rice pilaf and garden salad	28 Soup and sandwich day! Roast turkey sandwich with whole wheat bread, sliced cheese, vegetables and soup of the day	March 1 Pancakes with breakfast pork sausages, local maple syrup, fresh fruit and yoghurt