

# ELMWOOD BISTRO

F E B R U A R Y 2 0 2 1



ELMWOOD  
SCHOOL

## MONDAY

1

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Chicken Caesar salad with bacon & mozzarella cheese

### PASTA OF THE DAY

Spaghetti with tomato sauce

### HOT OPTION

Macaroni with bolognese sauce & parmesan cheese

## TUESDAY

2

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Tuna Nicoise salad with boiled eggs, mixed vegetables & black olives

### PASTA OF THE DAY

Rotini pasta with roasted red pepper cream sauce

### HOT OPTION

Shawarma style chicken legs with garlic sauce, rice pilaf & fattoush salad

## WEDNESDAY

3

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Spicy chicken/tofu rice noodle salad with cabbage slaw

### PASTA OF THE DAY

Creamy mac n cheese made with St. Albert's local cheddar cheese & steamed broccoli

## THURSDAY

4

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Waldorf salad with roast chicken, kale, apples, pumpkin seeds & celery

### PASTA OF THE DAY

Noodle caboodle egg noodles, potatoes, buttered onions & cottage cheese

### HOT OPTION

Turkey sausage with potatoes, sauerkraut & roasted carrots

## FRIDAY

5

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Chicken/vegetarian fattoush salad with organic lentils & sumac dressing

### PASTA OF THE DAY

Rigatoni pasta with mushrooms, spinach, & sun dried tomatoes

### HOT OPTION

Apple & cheddar sandwich with soup of the day

Meal plan includes one meal choice, fresh fruit and choice of drink

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## MONDAY

8

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Mediterranean quinoa bowl with tahini dressing, organic chickpeas, feta & black olives

### PASTA OF THE DAY

Buttered noodles with parmesan cheese

### HOT OPTION

Cheese Foccacia with marinara sauce & soup of the day

## TUESDAY

9

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Coconut chicken/ tofu quinoa bowl with vegetable slaw & spicy sesame vinaigrette

### PASTA OF THE DAY

Teriyaki noodles with mixed vegetables & tofu

### HOT OPTION

Pork schnitzel with buttered noodles & green peas

## WEDNESDAY

10

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Spicy chicken/tofu rice noodle salad with cabbage slaw

### PASTA OF THE DAY

Baked ziti with cheese & spicy tomato sauce

## THURSDAY

11

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Roast chicken/ vegetarian salad with maple vinaigrette, pickled beets & organic quinoa

### PASTA OF THE DAY

Sesame chow mein noodles with mixed vegetables & mushrooms

### HOT OPTION

Chickpea potato curry with rice & naan

## FRIDAY

12

### HOLIDAY

Meal plan includes one meal choice, fresh fruit and choice of drink

# ELMWOOD BISTRO

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ELMWOOD  
SCHOOL

## MONDAY

15

### HOLIDAY

## TUESDAY

16

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Chicken Caesar salad with bacon & mozzarella cheese

### PASTA OF THE DAY

Egg noodles with mushroom cream sauce

### HOT OPTION

Grilled cheese with homemade tomato soup

## WEDNESDAY

17

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Spicy chicken/tofu rice noodle salad with cabbage slaw

### PASTA OF THE DAY

Spaghetti with tomato sauce & parmesan cheese

## THURSDAY

18

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Mediterranean quinoa bowl with tahini dressing, organic chickpeas, feta & black olives

### PASTA OF THE DAY

Creamy pasta primavera

### HOT OPTION

Pork dumplings with steamed rice & mixed vegetables

## FRIDAY

19

### CHOICE OF SANDWICH

Ham & cheese

Egg salad

Tuna salad

Wow butter & jam

Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Salmon/tofu sushi bowl with pickled vegetables & roasted seaweed

### PASTA OF THE DAY

Buttered noodles with parmesan cheese

### HOT OPTION

Chicken parmesan calzone with garden salad & balsamic vinaigrette

Meal plan includes one meal choice, fresh fruit and choice of drink

# ELMWOOD BISTRO

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ELMWOOD  
SCHOOL

## MONDAY

22

### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad

Wow butter & jam  
Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Chicken Caesar salad with bacon & mozzarella cheese

### PASTA OF THE DAY

Spicy Thai noodles with tofu & mixed vegetables

### HOT OPTION

Vegetarian curried potato puff with soup of the day

## TUESDAY

23

### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad

Wow butter & jam  
Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Beef/vegetarian taco salad with organic black beans & cilantro dressing

### PASTA OF THE DAY

Egg noodles with mushroom cream sauce

### HOT OPTION

Pork & kimchi dumplings with rice and stir fried vegetables

## WEDNESDAY

24

### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad

Wow butter & jam  
Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Spicy chicken/tofu rice noodle salad with cabbage slaw

### PASTA OF THE DAY

Creamy mac n cheese made with St. Albert's local cheddar cheese & steamed broccoli

## THURSDAY

25

### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad

Wow butter & jam  
Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Mediterranean quinoa bowl with tahini dressing, organic chickpeas, feta & black olives

### PASTA OF THE DAY

Spaghetti with vegetarian Bolognese sauce

### HOT OPTION

Pineapple BBQ chicken balls with chow mein noodles & mixed vegetables

## FRIDAY

26

### CHOICE OF SANDWICH

Ham & cheese  
Egg salad  
Tuna salad

Wow butter & jam  
Chicken Caesar wrap

*All sandwiches include a side order of vegetables & dip*

### BIG SALAD OF THE DAY

Chicken Cobb salad with blue cheese & bacon

### PASTA OF THE DAY

Creamy pasta with butternut squash & baby spinach

### HOT OPTION

Egg & cheese breakfast sandwich with home fries & garden salad

Meal plan includes one meal choice, fresh fruit and choice of drink