MASSEY-VANIER SCHOOL

chartwells
eat. learn. live.

SCHOOL YEAR 2026-2027

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Aug. 24 Sep. 21 Oct. 19 Nov. 16 Dec. 14 Jan. 25 Feb. 22 Mar. 22 Apr. 19 May 17 June 14	Beef and Barley Soup **Butter Chicken** Basmati rice **Cheese Omelette with Spinach** Steamed Broccoli Garden Salad	Vegetable Soup **Sweet and Sour Pork** Mashed Potatoes ***Macaroni and Cheese** Buttered Peas Caesar Salad	Cream of Mushroom Soup **Beef/Veggie Burrito** **Crispy Fish Fillet** Ancient Grain Salad Carrots with Herbs Mexican Salad	Crécy Soup **Chicken Thighs Portuguese-Style** Seasoned Potato Wedges **Falafel Pita** Green Beans Fattouche Salad	Pea Soup **Homemade Turkey Burger with Spicy Mayo** **Tofu Tao** Rice Noodles Oven Roasted San Francisco Vegetables Coleslaw
WEEK 2 Aug. 31 Sep. 28 Oct. 26 Nov. 23 Jan. 04 Feb. 01 Mar. 01 Mar. 29 Apr. 26 May 24	Chicken and Vermicelli Soup **Honey Garlic Beef Meatballs** Mashed Potatoes **Vegetarian Quesadilla** Corn and Peppers Green Salad	Cream of Squash Soup **Creamy Coconut Turkey Thigh** Brown rice pilaf ***Vegetable Gratin** Parisian Vegetables Arcadian Salad	Beef and Cabbage Soup **Spicy Crispy Chicken Bites** Potato Wedges **Italian-Style Frittata** Glazed Carrots Caesar Salad	Cream of Broccoli Soup **Shepherd's Pie/Veggie** **White Fish with Tomato and Feta** Orzo Pesto Beets Garden Salad	Vegetable Soup **Greek Platter** *(rice, marinated pork, pita bread, tzatziki sauce)* **Vegetarian Chili** Pita Bread Broccoli Florets Mediterranean Salad
WEEK 3 Sep. 07 Oct. 05 Nov. 02 Nov. 30 Jan. 11 Feb. 08 Mar. 08 Apr. 05 May 03 May 31	Cream of Tomato Soup **Barbecue Chicken Drumsticks** Baby Potatoes **Black Beans Burger with Chipotle Sauce** Vegetable Medley Carrot and Cabbage Salad	Minestrone Soup **Beefsteak with Lyonnaise Sauce** Mashed Potatoes **Lasagna with Vegetarian Tomato Sauce** Green Peas Caesar Salad	Chicken and Quinoa Soup **Tuna Casserole** **Veggie Pita Taco** Broccoli Florets Market Salad	French Onion Soup **Creamy Mustard Chicken** Brown Rice with Lemon **Brunch Casserole** *(scrambled eggs, potato cubes, green onions, cheese, hollandaise sauce)* Beans Duo Spinach and Radish Salad	Cream of Vegetable Soup **Veal Parmigiana** ***Chickpea and Lentil Coconut Curry** Egg Noodles Sunrise Mix Chef's Salad
WEEK 4 Sep. 14 Oct. 12 Nov. 09 Dec. 07 Jan. 18 Feb. 15 Mar. 15 Apr. 12 May 10 June 07	Cream of Cauliflower Soup **Italian-Style Pita** **Cheesy Vegetable Quiche** Parisian Vegetables Garden Salad	Lentil Soup **Salmon Pâté, Bechamel Egg Sauce** ***Tortellini with Rosé Sauce** Green Beans Italian Salad	Chicken Noodle Soup **Teriyaki Chicken** Pilaf Rice ***Vegetable and Tofu Fajita** Oven-Roasted Vegetables Caesar Salad	Turnip and Apple soup **Sloppy Joe** **Thai-Style Vegetarian Noodle Stir-Fry** Carrot Remoulade Coleslaw	Tomato and Rice Soup **Jerk Chicken Thighs** Seasoned Sweet Potato Cubes ***Chickpea, Tofu, and Root Vegetable Tagine** Carrots with Cumin Arcadia Salad

Menu of the day price

included:
- Soup
- Main course
- Milk
- Dessert of the day

$7.00

MEAL TOKENS

You have the opportunity to take advantage of Chartwells meal tokens for your teenager's lunch in the cafeteria.

Purchasing tokens allows your child to receive a complete meal from the daily menu (4 items).

WHERE CAN YOU GET THEM?

During lunchtime or break, your child may see our cafeteria manager.

- Either by cheque, payable to "Groupe Compass (Québec) ltée."

- Or by cash. An envelope containing 10 meal tokens will be given to your child.

Price for the purchase of 10 TOKENS:

$70.00

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*Dishes included in the Aliments du Québec au menu program. (the identified dishes/products may be modified depending on the availability of supplies when preparing the recipes.)

/Contains 50% or more certified Quebec ingredients. Menus are subject to change based on product availability and seasonality.

**Dishes included in our vegetarian menu.