

**Traîteur SOU-PA-LOO** Food catering service for school and community **Harmony 2024-2025**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>À la Carte</b>
<b>Week 1</b> August 29, Sept 23, Oct 21, Nov 18 , Dec 16, Jan 27 , Feb 24 , March 31, Apr 28, May 26, June 23	Chicken Noodle Fish Burger <u>or</u> Chicken Burger Coleslaw Yogurt	Cream of Leek Penne with Rosé Sauce, Vegetables, Salad Jell-o	Pea Soup French Toast with Sausages Carrot Cake	Lentil Soup Homemade pizza Vegetables Pudding	Cream of Carrot Beef Burritos Vegetables Fresh Fruit	Milk \$1.00 Juice \$1.25 Small soup \$1.00 Large soup \$1.50
<b>Week 2</b> Sept 2 , Sept 30 , Oct 28 , Nov 25 , Jan 6 , Feb 3 , March 10 , Apr 7 , May 5, June 2	Tortellini Soup Glazed Ham Vegetables, Potatoes Yogurt	Cream of Broccoli Hot Chicken Sausages Vegetables Chocolate Mousse	Minestrone Soup Spaghetti and meat Sauce, Vegetables Garlic bread Chef Dessert	Beef and Barley Beef tacos Vegetables, lettuce Jell-O	Chef Potage Italian Sausage Casserole Chef Salad Ice cream	Dessert of the day \$1.00 Yogurt \$1.00 Pop Corn \$ 1.00
<b>Week 3</b> Sept 9 , Oct 7, Nov 4, Dec 2 Jan13 , Feb 10 , March17 , Apr 14 , May 12 , June 9	Chicken and Noodle Fish Filet, Rice <u>or</u> Chicken Nugget Vegetables Yogurt	Cream of Tomato Beef lasagna Vegetables Jell-O	Pea Soup Pancake with Pork/Beef Sausage, Beans Banana Cake	Lentil Soup Mexican sloppy Joe Vegetables, salad Pudding	Beef and Rice Homemade pizza Salad Fresh fruit	<b>Homemade:</b> Large cookie \$1.25 Small cookie \$0.25 Ice cream sandwich \$1.25 Brownies \$1.00 Mini Donut \$0.25
<b>Week 4</b> Sept 16, Oct 14 , Nov 11 , Dec 9 , Jan 20 , Feb 17 , March 24 , Apr 21 , May 19 , June 16	Vegetable Noodle Healthy Poutine Ham Salad Jell-O	Cream of Broccoli Omelette Sausage Vegetables Yogurt	Tortellini Soup Beef Patty Burgers, Tomato, Cheese, Macaroni Salad Chef Dessert	Beef and Noodle Spaghetti with Meatballs garlic bread Caesar Salad Strawberry Mousse	Chef Potage All Dressed Submarine Lettuce and vegetables Chef Special Dessert	
<b>Walk-In</b> <ul style="list-style-type: none"> <li>• Full course meal-\$6.50</li> <li>• Main plate only - \$4.50</li> <li>• Bagel cream cheese with vegetables and dip - \$3.50</li> <li>• Single Grilled cheese and vegetables and dip - \$2.50</li> <li>• Ham, Egg or Chicken sandwich- \$3.50</li> </ul>			<b>Meal Card Offers</b> 5 Plates only card \$21.00 (\$4.20 per plate) 5 Full course card \$30.00(\$6.00 full course meal) 30 Full course card \$180.00 30 Main meal only \$126.00		<b>Annual Registration Budget-Wise</b> Paid monthly 1 child-\$100.00(\$5.55 full course meal) 2 children - \$198.00 (\$5.55full course meal) 3 children - \$297.00 (\$5.55 full course meal) <b>Special lunch included</b> Main Plate only - \$76.00 Monthly (\$4.20) <b>Does not include special lunch</b>	

for information: Elyse 514-519-6598 email: [alainelyse@yahoo.ca](mailto:alainelyse@yahoo.ca) (daily meal may vary depending on supply)

