



FOR



THE DAILY

MADE SEASONALLY FRESH

Portions	2	4
Family Bundle (Salad + meal + snack)	\$35	\$55
Meal	\$20	\$34
Salad of the Day	\$9	\$16
Portions	6	12
Fruit or Snack	\$8	\$13

	Monday May 16	Tuesday May 17	Wednesday May 18	Thursday May 19	Friday May 20	
Fruit	Bananas	Apples	Grapes	Oranges	Melons	
Meal	Regular	Beef raviolis with tomato sauce	Haddock filets served with a vegetable Spanish rice	Swedish beef meatballs served with potatoes	Chicken burger served with fries	Broccoli cheddar quiche served with a tomato salad
	Vegetarian	Cheese raviolis with tomato sauce	Haddock filets served with a vegetable Spanish rice	Swedish vegetarian meatballs served with potatoes	Vegetarian burger served with fries	Broccoli cheddar quiche served with a tomato salad
	Dessert	Watermelon	Fruit smoothie	Pineapple	Fruit sauce	Fruit salad
Snack	Sugar free green tea muffins	Crudités with homemade dip	Quinoa raisin cookies	Cheese cubes and crackers	Sugar free black bean brownie	

	Monday May 23	Tuesday May 24	Wednesday May 25	Thursday May 26	Friday May 27	
Fruit		Grapes	Apples	Oranges	Melons	
Meal	Regular	Closed	Macaroni and cheese served with coleslaw	Chicken sausages served with beans and mashed potatoes	Vegan stuffed zucchini	Fish and vegetable curry served with coconut basmati rice
	Vegetarian		Macaroni and cheese served with coleslaw	Vegetarian sausages served with beans and mashed potatoes	Vegan stuffed zucchini	Fish and vegetable curry served with coconut basmati rice
	Dessert		Fruit yogurt	Watermelon	Fruit sauce	Fruit salad
Snack		Crudités with homemade dip	Soy butter cookies	Homemade hummus and baked pita chips	Lemon poppy seed loaf	

Order at 123-pret.ca every day before 2 p.m.
Questions? info@123-pret.ca



		Monday May 30	Tuesday May 31	Wednesday June 1	Thursday June 2	Friday June 3
Fruit		Bananas	Apples	Oranges	Grapes	Fruit salad
Meal	Regular	Chicken fettuccine served with steamed broccoli	Homemade fish sticks served with sweet potatoes and roasted vegetables	Beef Masala served with vegetable vermicelli noodles	Cream of mushroom soup served with garlic bagels	Egg salad sandwiches served with crudités
	Vegetarian	Tofu fettuccine served with steamed broccoli	Homemade fish sticks served with sweet potatoes and roasted vegetables	Chickpea Masala served with vegetable vermicelli noodles	Cream of mushroom soup served with garlic bagels	Egg salad sandwiches served with crudités
	Dessert	Watermelon	Fruit & vegetable smoothie	Pineapple	Fruit sauce	Melons
Snack		Sugar free apple cinnamon muffins	Crudités with homemade dip	Cranberry cookies	Cheese cubes and crackers	Sugar free black bean brownies

		Monday June 6	Tuesday June 7	Wednesday June 8	Thursday June 9	Friday June 10
Fruit		Bananas	Grapes	Apples	Oranges	Melons
Meal	Regular	Whole wheat pasta served with a kale and chickpea pesto	Beef Moussaka	Homemade chicken pot pie	Vegetarian Tajine served with pearl couscous	Baked breaded fish served with vegetable orzo
	Vegetarian	Whole wheat pasta served with a kale and chickpea pesto	Vegetarian Moussaka	Homemade vegetarian pot pie	Vegetarian Tajine served with pearl couscous	Baked breaded fish served with vegetable orzo
	Dessert	Pineapple	Yogurt served with granola	Watermelon	Fruit sauce	Fruit salad
Snack		Sugar free pumpkin muffins	Crudités with homemade dip	Oatmeal chocolate chip cookies	Homemade hummus and baked pita chips	Apple crisp

		Monday June 13	Tuesday June 14	Wednesday June 15	Thursday June 16	Friday June 17
Fruit		Bananas	Apples	Grapes	Oranges	Fruit salad
Meal	Regular	Asian-style beef and vegetable macaroni	Vegetarian pizza on whole wheat pita bread	Turkey chili served with homemade cornbread	Chicken and vegetable fried rice	Tuna sandwiches on quinoa bread served with crudités
	Vegetarian	Asian-style tofu and vegetable macaroni	Vegetarian pizza on whole wheat pita bread	Vegetarian chili served with homemade cornbread	Tofu and vegetable fried rice	Tuna sandwiches on quinoa bread served with crudités
	Dessert	Watermelon	Fruit smoothie	Pineapple	Fruit sauce	Melons
Snack		Sugar free cranberry muffins	Crudités with homemade dip	Lemon cookies	Cheese cubes and crackers	Sugar free black bean brownies



		Monday June 20	Tuesday June 21	Wednesday June 22	Thursday June 23	Friday June 24
Fruit		Bananas	Oranges	Apples	Grapes	
Meal	Regular	Tubetti and vegetable casserole	Beef and cabbage squares	Chicken and vegetable fajitas served with sour cream and salsa	Salmon fillets served with cauliflower rice and a leek sauce	
	Vegetarian	Tubetti and vegetable casserole	Tempeh and cabbage squares	Vegetable fajitas served with sour cream and salsa	Salmon fillets served with cauliflower rice and a leek sauce	Closed
	Dessert	Pineapple	Fruit yogurt	Watermelon	Fruit sauce	
Snack		Sugar free date muffins	Crudités with homemade dip	Coconut macaroons	Homemade hummus and baked pita chips	

		Monday June 27	Tuesday June 28	Wednesday June 29	Thursday June 30	Friday July 1
Fruit		Bananas	Apples	Grapes	Oranges	
Meal	Regular	All dressed beef tacos	Oven roasted chicken served with roasted potatoes and green beans	Traditional beef lasagna	Chicken noodle soup served with grilled cheese sandwiches	
	Vegetarian	All dressed tempeh tacos	Oven roasted tofu served with roasted potatoes and green beans	Vegetarian lasagna	Vegetable noodle soup served with a bagel	Closed
	Dessert	Watermelon	Fruit & vegetable smoothie	Pineapple	Fruit sauce	
Snack		Sugar free raspberry muffins	Crudités with homemade dip	Gingerbread cookies	Cheese cubes and crackers	

		Monday July 4	Tuesday July 5	Wednesday July 6	Thursday July 7	Friday July 8
Fruit		Bananas	Grapes	Apples	Oranges	Fruit salad
Meal	Regular	Chicken teriyaki served with vegetables and vermicelli noodles	Salmon cakes served with a corn salad	Cheese tortellini served with rosé lentil and vegetable sauce	Minestrone soup served with garlic bread	Turkey and cheese croissants served with crudités
	Vegetarian	Tempeh teriyaki served with vegetables and vermicelli noodles	Salmon cakes served with a corn salad	Cheese tortellini served with rosé lentil and vegetable sauce	Minestrone soup served with garlic bread	Cheese croissants served with crudités
	Dessert	Pineapple	Yogurt served with granola	Watermelon	Fruit sauce	Melons
Snack		Sugar free raisin muffins	Crudités with homemade dip	Molasses cookies	Homemade hummus and baked pita chips	Fresh fruit purée popsicles