les complices alimentaires
Pour manger sainement, localement et à moindre coût, tout en limitant le gaspillage alimentaire

## Menu Winter

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Week 1 | • Beet Salad<br>• Vegetable Soup | • Moroccan Salad<br>• Potato Cream Soup | • Macaroni Salad<br>• Indian-Style Soup | • Cucumber Salad<br>• Squash and Carrot Soup | • Vegetable Salad<br>• Lentil Soup |
| | *Mongolian Beef Noodles, Vegetables* | *White Fish with Dill Sauce, Rice, Vegetables* | *Sweet and sour Chicken, Roasted Potatoes, Vegetables* | *Cheese Tortellini in Rosé Sauce, Vegetables* | *Hamburger steak, Mashed Potatoes, Vegetables* |
| Week 2 | • Parsnip Salad<br>• Tomato and Rice Soup | • Potato Salad<br>• Cream of Broccoli Soup | • Zucchini Salad<br>• Creamy Green Pea Soup | • Spinach Salad<br>• Cream of Vegetable Soup | • Green Salad<br>• Asian-Style Soup |
| | *Macaroni and Cheese, Vegetables* | *Chicken Parmesan, Egg Noodles, Vegetables* | *Pork with Sauce Forestière, Rice, Vegetables* | *Spaghetti with Meat Sauce, Ceasar Salad, Vegetables* | *Honey mustard Chicken, Roasted Potatoes, Vegetables* |
| Week 3 | • Couscous Salad<br>• Cream of Cauliflower Soup | • Celeriac Salad<br>• Cream of Leek Soup | • Moroccan Salad<br>• Potato Cream Soup | • Beet Salad<br>• Vegetable Soup | • Seasonal Salad<br>• Pea Soup |
| | *Baked Fusili with Marinara Sauce, Vegetables* | *Poulet Mafé, Rice, Vegetables* | *Beef Bourguignon, Boiled Potatoes, Vegetables* | *Salmon and Squash Pie, Vegetables* | *Pulled Pork, Roasted Potatoes, Vegetables* |
| Week 4 | • Vegetable Salad<br>• Indian-Style Soup | • Macaroni Salad<br>• Squash and Carrot Soup | • Cucumber Salad<br>• Lentil Soup | • Parsnip Salad<br>• Chicken Soup | • Green Salad<br>• Cream of Broccoli Soup |
| | *Moussaka, Rice, Vegetables* | *Tuna and Cheese Patties, Egg Noodles, Vegetables* | *Half-and-Half Meatballs, Fettucini, Vegetables* | *Butter Chicken, Rice, Vegetables* | *Pizza, Green Salad* |
| Week 5 | • Potato Salad<br>• Creamy Green Pea Soup | • Spinach Salad<br>• Asian-Style Soup | • Zucchini Salad<br>• Cream of Vegetable Soup | • Couscous Salad<br>• Cabbage Soup | • Penne Pasta Salad<br>• Cream of Leek Soup |
| | *Chicken Tajine, Couscous, Vegetables* | *Hoisin Pork, Rice Vermicelli, Vegetables* | *Maple Glazed Ham, Roasted Potatoes, Vegetables* | *Eggplant Lasagna, Ceasar Salad, Vegetables* | *Meatloaf, Mashed Potatoes, Vegetables* |