



20  
YEAR  
2002-2022

# RETURN TO SCHOOL GRACEFULLY

## WELCOME

We are happy to welcome you to the cafeteria so you can discover our dishes cooked with tremendous passion. We offer healthy dishes, vegetarian and vegan options to help reduce our environmental impact.

### Log into your MaZone customer space

Sign up at:

[www.weblaberge.com/hrhs](http://www.weblaberge.com/hrhs)

Add funds on a prepaid card, consult your transaction history and check out available promotions at your cafeteria.



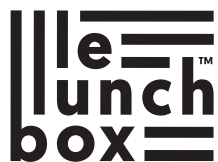
### \* 20th ANNIVERSARY PROMOTIONS

From August 20 to September 20, 2022

**Add \$300 on your prepaid card and receive a free box of 5-meals from Le Lunch Box™**

Select the "Promo 20 ans la rentrée" product.

\*Full information available online.



**Take advantage of exclusive offers on a wide selection of prepared meals that are **gluten- and lactose-free.****

Questions or comments ? Write us or leave a voicemail with Julie Benoit who will gladly respond to you.

client-hrhs@weblaberge.com 1-450.699.6810 poste 101



#### Butter chicken

Chicken breast with cauliflower, squash, cilantro on a bed of jasmine rice




#### Lobster poké

Lobster salad, homemade kimchi, edamame beans, daikon, green beans and wakame on sticky rice



#### The vegan chicken

Vegan croquettes lightly panned with green beans, kale and quinoa

|                 | Monday <b>100% Veggie</b> | Tuesday                              | Wednesday   | Thursday   | Friday   |  |
|-----------------|---------------------------|--------------------------------------|---|--|--|--|
| <b>1</b>        | <b>Soup</b>               | Vegetable soup                       | <b>Cream of broccoli soup</b>   | <b>Beef and barley soup</b>  | <b>Rice soup</b>   | <b>Cream of vegetable soup</b>   |
|                 | <b>Dates for menu 1</b>   | Cheese tortellini w. rosé sauce      | Pineapple ham   | BBQ chicken leg  | Salmon pot pie   | Merguez sausages   |
|                 | Aug. 29 Feb. 20           |                                      |   |  |  |  |
|                 | Oct. 3 March 27           | Country quiche                       | Breaded fish with tartar sauce and lemon  | Bowtie pasta with rosé sauce   | Falafel pita with tzatziki   |  Veggie chili and tortillas |
|                 | Nov. 7 April 3            | Banana cake                          | Lemon pie   | Apple crumble  | Chocolate mousse   | Baker's choice   |
| Dec. 12 May 1   |                           |                                      |   |  |  |  |
| Jan. 16 June 5  |                           |                                      |   |  |  |  |
| <b>2</b>        | <b>Soup</b>               | <b>Cream of spinach soup</b>         | <b>Vegetable soup</b>   | <b>Cream of cauliflower soup</b>   | <b>Chicken noodle soup</b>   | <b>Potato and leek soup</b>  |
|                 | <b>Dates for menu 2</b>   | Moroccan couscous                    | Chicken vol-au-vent   | Pork and beef meatloaf   | Classic lasagna  | Sweet & sour chicken leg   |
|                 | Sept. 5 Feb. 27           |                                      |   |  |  |  |
|                 | Oct. 10 April 3           | Mac and cheese                       |  Chickpea and quinoa patty |  Tofu stir-fry with sesame seeds  | Fish and chips   | Manicotti with cheese in rosé sauce  |
|                 | Nov. 14 May 8             | Cherry pie                           | Strawberry mousse   | Carrot cake  | Trifle   | Baker's choice   |
| Dec. 19 June 12 |                           |                                      |   |  |  |  |
| Jan. 23         |                           |                                      |   |  |  |  |
| <b>3</b>        | <b>Soup</b>               | <b>Cream of green vegetable soup</b> | <b>Vegetable soup</b>   | <b>Chinese soup</b>  | <b>Cream of carrot soup</b>  | <b>Chicken noodle soup</b>   |
|                 | <b>Dates for menu 3</b>   | Florentine lasagna                   | Butter chicken  | Chinese platter  | Fish cakes   | Chicken pot pie  |
|                 | Sept. 12 March 6          |                                      |   |  |  |  |
|                 | Oct. 17 April 10          | Steamed vegetables, oriental style   | Seafood delight au gratin   |  General Tao tofu and cauliflower | Country frittata   |  Lentil linguini            |
|                 | Nov. 21 May 15            | Fruit salad                          | Date squares  | Cup cake   | Vanilla mousse   | Baker's choice   |
| Dec. 26 June 19 |                           |                                      |   |  |  |  |
| Jan. 30         |                           |                                      |   |  |  |  |
| <b>4</b>        | <b>Soup</b>               | <b>Vegetable soup</b>                | <b>Lentil (pea) soup</b>  | <b>Minestrone</b>  | <b>Squash and apple soup</b>   | <b>Barley and beef soup</b>  |
|                 | <b>Dates for menu 4</b>   | Tom Yum soup with tofu or miso       | Ham steak   | Classic shepherd's pie   | Chicken rolls  | Classic lasagna  |
|                 | Sept. 19 March 13         |                                      |   |  |  |  |
|                 | Oct. 24 April 17          | Vegetable fusilli au gratin          |  Vegetable chop suey     | Fish fillet with spinach and white butter sauce  |  Red kidney bean gratin | Salmon pot pie   |
|                 | Nov. 28 May 22            | Fruit trifle                         | Chocolate mousse  | Choco energy cookies   | Maple pudding cake   | Baker's choice   |
| Jan. 2 June 26  |                           |                                      |   |  |  |  |
| Feb. 6          |                           |                                      |   |  |  |  |
| <b>5</b>        | <b>Soup</b>               | <b>Cream of mushroom soup</b>        | <b>Tonkin soup</b>  | <b>Yam soup</b>  | <b>Orzo and tomato soup</b>  | <b>Cream of broccoli soup</b>  |
|                 | <b>Dates for menu 5</b>   | Spaghetti with veggie meatballs      | Tandoori chicken  | Beef stroganoff  | Sweet and sour pork stir-fry   | Fish cakes   |
|                 | Sept 26 March 20          |                                      |   |  |  |  |
|                 | Oct. 31 April 24          | Veggie patty w. yogurt sauce         | Vegetable meatloaf  | Vegetarian moussaka  |  Asian tofu stir-fry    |  Veggie couscous          |
|                 | Dec. 5 May 29             | Apple pie                            | Chocolate cake  | Caramel mousse   | Small vanilla cakes  | Baker's choice   |
| Jan. 9 Feb. 13  |                           |                                      |   |  |  |  |



**Vegan option**

*Home Made*

**Cooked in the cafeteria  
Using fresh ingredients.**

Meals and prices are subject to change based on market conditions.

**Log into MaZone**, reload your child's card and check out our promotions  
[weblaberge.com/hrhs](http://weblaberge.com/hrhs)



**A pasta dish with the chef's choice of sauce is available every day.**

Vegetables and a starch are served with the day's special. 100% whole wheat bread!