

School menu

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Greater Gatineau School

2026-05-01 - 2026-06-19

	Biscuit	Légumes	Menu 1	Menu 2	Menu 3	Menu 4	Sans gluten
2026-05-01	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Chicken nuggets, vegetables, potato bites Raspberry roll	Gluten free pasta with a tomato sauce (Vegan)
2026-05-04	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Macaroni and cheese au gratin (V)	Coleslaw Tacos-make your own (2), breaded chicken, cabbage, cheese Banana Bread	Chana Aloo (chick peas, potatoes) with rice (Vegan) (GF)
2026-05-08	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Grilled croissant, chicken and cheese Applesauce	Meatballs (in gravy), sautéed vegetables and rice Healthy brownie with black beans	Chana Aloo (chick peas, potatoes) with rice (Vegan) (GF)
2026-05-11	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Chicken nuggets, vegetables, potato bites Raspberry roll	Chicken and vegetable rice (GF)
2026-05-22	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Teriyaki chicken, vegetables, rice Apple Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)

	Biscuit	Légumes	Menu 1	Menu 2	Menu 3	Menu 4	Sans gluten
2026-05-25	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Shepherd's pie (GF)	Mixed bean salad Pizza quesadilla (turkey pepperoni, cheese) Marble cake	Gluten free pasta with a tomato sauce (Vegan)
2026-05-29	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Chicken nuggets, vegetables, potato bites Raspberry roll	Gluten free pasta with a tomato sauce (Vegan)
2026-06-01	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Pasta and vegetable salad Grilled ciabatta bread with ham and cheese	Bowtie pasta with chicken and vegetables in a creamy sauce Banana Bread	Chana Aloo (chick peas, potatoes) with rice (Vegan) (GF)
2026-06-08	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Chicken nuggets, vegetables, potato bites Raspberry roll	Chicken and vegetable rice (GF)
2026-06-12	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Shepherd's pie (GF)	Coleslaw Pizza quesadilla (turkey pepperoni, cheese) Marble cake	Chana Aloo (chick peas, potatoes) with rice (Vegan) (GF)
2026-06-15	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Grilled croissant, chicken and cheese Applesauce	Teriyaki chicken, vegetables, rice Healthy brownie with black beans	Mexican Bowl with vegetables, beans, rice (V) (GF)
2026-06-19	Oatmeal cookie, handmade	Veggies and dip	Chicken and cheese sub with house herbed mayo	MAZZ-SPAG! (spaghetti and meatballs, tomato sauce)	Mini pancakes (3) with syrup (V) Fruit yogurt	Teriyaki chicken, vegetables, rice Apple Bread	Mexican Bowl with vegetables, beans, rice (V) (GF)