



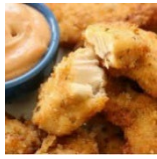



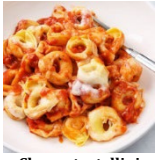

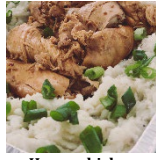



JANUARY 2023



THEMATIC : IN THE ISLAND

(819) 843-4847 poste 11515
pelapommeverte@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p>  <p>Hot chicken This succulent meal consists of 2 slices of brown bread, chicken, gravy and peas.</p>	<p>24</p>  <p>Meat macaroni To the delight of our young eaters, elbow pasta, quality ground beef, tomato cream, onions, garlic, secret spices of La Pomme Verte and cheese accompanied by veggies and bread.</p>	<p>25</p>  <p>Chicken nuggets To the delight of children, chicken nuggets accompanied by rice and vegetables of chef choice.</p>	<p>26</p>  <p>Chinese rice and egg rolls Fried brown rice with scrambled eggs, carrots, green peas, onions, garlic accompanied by egg rolls and plum sauce.</p>	<p>27</p>  <p>Creole chicken A seasoned chicken with peppers, celery, carrots, onions and tomatoes. All served with potatoes.</p>
<p>30</p>  <p>Ham casserole A very slow cooked, extremely tasty ham served with potatoes, rutabaga, carrots and roasted onion accompanied by a bechamel sauce.</p>	<p>31</p>  <p>Cheese tortellini Your kids love it! Cheese tortellini topped with a rosée sauce accompanied by chef's salad.</p>	<p>1</p>  <p>Sweet and salty meatballs They won the hearts of our little ones! Meatballs baked in a honey bbq sauce served on a bed of rice with grilled vegetables.</p>	<p>2</p>  <p>Honey chicken Chicken breasts marinated and cooked in a homemade soy sauce, honey, teriyaki accompanied by mashed potatoes and sweet carrots.</p>	<p>3</p>  <p>Pineapple fried rice A fried rice with pineapple, chicken, peas, carrots and corn. Accompanied by a slice of bread.</p>

✉ On the return envelope please indicate La pomme verte Traiteur, deadline: **January 19, 2023.**

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3

Quantity

Credit

Price 6.50\$

Total

Payment:

Cash

Check # _____

Annual agreement

Foundation CV

Student information

Last name:

First name:

Grade: PK K Staff

Intolerance/ Allergy:

1 2 3 4 5 6

Gluten

Lactose

Others

Vegetarian

Parent information

Name:

Phone number:

Email:

✓No post-dated checks accepted ✓A 25\$ fee will be charged for any NSF checks ✓If your child is sick, you advised the caterer before 8:30 am the same day to received a credit.
✓If your child forgets his/her lunch at home, we will offer him/her a meal wich will be payable the next school day at 7,00\$