



Take advantage of our
Meal Package Promotion!
Buy 30 meals and get 2 FREE!

Nutrition Spotlight



Le Mini Bistro's website provides fun and interesting information on food and cooking, kid-friendly recipes and nutrition tips.

Contact us

For more information on Le Mini Bistro

Visit us on the web:

Leminibistro.emsb.qc.ca

Or contact us directly:

By email: leminibistro@emsb.qc.ca

By telephone: 514-483-7200 ext: 7360

Le Mini Bistro, Healthy School Lunches is operated by
Nutrition and Food Services of the English Montreal School Board.



Commission scolaire English-Montréal
English Montreal School Board



Le Mini Bistro

Healthy School Lunches



CSEM Nutrition et services alimentaires
EMSB Nutrition and Food Services

About Le Mini Bistro!

Le Mini Bistro is a Healthy School Lunch Service operated by your English Montreal School Board (EMSB) high school cafeteria, preparing delicious and nourishing meals delivered directly to your child's school. Our dietitians and food technicians ensure that meals are carefully planned, respect the EMSB Nutrition Policy and are prepared safely by our knowledgeable staff.

Le Mini Bistro offers online ordering!

All lunch orders and payments are made online for your convenience.

- 🎯 **No fixed deadlines** – orders are placed **5 days ahead**
- 🎯 **Flexible service**- ability to cancel up to **2 days before service**



Benefits of on-line ordering:

- 🔗 Convenient
- 🔗 Flexible
- 🔗 Long-range ordering on meals
- 🔗 Modify meal selections

Le Mini Bistro will be ready to serve you as of **Sept 9, 2019**.
Place your orders now!



Our menu provides 2 daily meal choices which will surely satisfy your child's appetite!

Sample Week	Monday	Tuesday	Wednesday	Thursday	Friday
Menu # 1	Chicken Teriyaki Rice Mixed Veggies	Ocean Bites (Fish Nuggets), Egg Noodle, Veggies	Meat Lasagna Yellow & Green Beans	BBQ Chicken Legs, Mashed Potatoes, Peas & Carrots	Vegetarian Frittata, Potatoes, Veggies of the Day
Menu # 2	Shepherd's Pie Crinkled Carrots	Chicken Souvlaki Pita & Tzatziki Green Salad	Three Cheese Pizza Crudités & Dip	Macaroni & Cheese, Garden Style Veggies	Multigrain Chicken Burger, Potato Wedges and Veggies
Dessert	Oatmeal Cookie	Yogurt	Peach Slices	Milk Pudding	Muffin

Check with your school for service availability.



All muffins and cookies are freshly home baked! Puddings are made with milk!

Kid Friendly Meals!

Meal Deal \$5.25

Meal includes a main entrée, starch (when applicable), vegetable, dessert, beverage and cutlery.

3- Steps to great tasting meals by Le Mini Bistro

Go to leminibistro.emsb.qc.ca and follow the steps below:

Step 1: Create an account.

Your password protected account, allows you to place or modify orders and keeps you up-to-date on any service events.

All you need is an active email address.



Step 2: Register your child/ children

After your account and profile is created, you need to register your child/children. Multiple children profiles may be created under one parent account and they can even be in different schools!

Step 3: Choose meals.

Meal descriptions are provided to make menu selection easy! Each child has his/her own menu profile.

Once your order is complete; check-out, make your payment and voilà, lunches are ready!



This menu and all food served in EMSB Cafeterias comply with the **EMSB Nutrition Policy**. (Visit www.emsb.qc.ca/nutrition-caf for more details)

- All lunch entrées are served with a recommended portion of cooked vegetables. Menu is subject to change according to season, special occasions and product availability.