



Celebration of Sacraments



Lunch provided for our students by the CSC

Tuesday, April 23rd, 2024

11:00 am in the Gymnasium

One 6" sub from Subway

Fruit


One mini cupcake (Nut- Free)

One Rougemont juice box



Please let the office know of any dietary restrictions by April 18th.

Subs

 Canada Allergen Information <small>(Revised January 2024)</small>													
<p>This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This chart does not include regional or special promotional items as ingredients vary. Individual food items may come in contact with one another during food preparation and is not reflected on this chart. Please notify the sandwich artist if you have a food allergy.</p>													
	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley)†	Sulfites	Nitrites/Nitrates	Mustard
Bread													
Cheesy Tex Mex Bread			•				•		•	•			
English Muffin							*		•	•			
Flatbread			x				*		•	•			
Gluten-Free Bread¹	•												
Italian (White) Bread							•		•	•			
Italian Herbs and Cheese Bread			•				•		•	•			
Multigrain Bread							•		•	•			
Potato Bun	•		x		x				•	•			
Wrap							•		•	•			
Meat, Poultry, Seafood & Eggs													
Bacon Slices												•	
Brisket							•					•	
Capicola												•	
Chicken, Grilled **							•						
Chicken, Crispy	•		•				x		•	•			
Chicken Strips - Plain							•						
Chicken Strips - Sweet Onion Teriyaki Glazed					•		•		•	•			•
Cold Cut Combo Meats			•									•	•
Egg Omelet Patty	•		•										
Ham, Black Forest												•	
Italian BMT® Meats												•	•
Meatballs with Marinara			•				•		•	•			
Pepperoni												•	•
Rotisserie-Style Chicken									x	x			
Rotisserie-Style Chicken, Jerk-Spiced							•		•	•			
Salami												•	
Steak							*						
Steak, Jerk-Spiced							•		•	•			
Tuna (without dressing)		•											
Turkey Breast												•	
Veggie Patty							•						
Cheese													
Canadian Cheddar Cheese			•										
Cheddar Cheese, Processed			•				•						
Habanero Jack Cheese			•										
Monterey Jack & Cheddar Cheese Blend, Shredded			•										
Mozzarella, Fresh²			•										
Parmesan, Grated			•										
Condiments & Dressings													
BBO, Sweet & Smoky													•
Chipotle Southwest	•		•				*						
Creamy Sriracha	•						*						•
Garlic Aioli	•						*						•

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Shellfish	Soybeans	Tree Nuts	Wheat	Gluten (from wheat, rye, triticale, oats, barley) ¹	Sulfites	Nitrites/Nitrates	Mustard
Green Goddess Dressing	•		•										
House Sandwich Sauce							•						
Jerk Aioli	•						•		•	•			•
Mayonnaise	•						•						•
Mustard, Yellow													•
Peppercorn Ranch	•		•				•						
Smoky Honey Mustard	•						•						•
Sunflower Seed Basil Pesto			•										
Sweet Onion Teriyaki Sauce (contains Poppy Seeds)					•		•		•	•			•
Vegetables													
Avocado, Smashed													
Banana Peppers											•		
Jalapeno Pepper Slices											•		
Olives (Green/Black)													
Pickles													
Vegetables, Fresh													
Cookies ** & Desserts													
Chocolate Chip with M&M® Candies	•		•	X			•	X	•	•			
Chocolate Chunk	•		•	X			•	X	•	•			
Double Chocolate	•		•	X			•	X	•	•			
Oatmeal Raisin	•		•	X			•	X	•	•			
Raspberry Cheesecake	•		•	X			•	X	•	•		•	
White Chip Macadamia Nut	•		•	X			•	•	•	•			
Soups & Sides													
Beef & Barley							•		•	•			
Chicken Noodle	•								•	•		•	
Cream of Broccoli			•				•		•	•			
Cream of Mushroom			•				•		•	•			
Loaded Baked Potato			•						•	•		•	
Rice Blend													
Crispy Onions									•	•		•	
• = Contains Allergen X = May Contain Allergen													
¹ The gluten-free bread is manufactured in a gluten-free facility. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.													
² Fresh Mozzarella Product													
*The only soy-derived ingredient is refined soybean oil.													
**Due to the nature of how these cookies are displayed in the restaurant they may come in contact with other nut containing cookies													

Original Two-Bite Cupcakes (Nut Free)

Ingredients



Ingredients

Sugars (icing sugar, sugar, glucose), Water, Shortening (canola, palm, modified palm, modified palm kernel oil), Enriched wheat flour, Liquid whole egg, Soybean and/or canola oil, Cacao powder, Sprinkles (icing sugar, palm kernel oil, modified corn starch, corn starch, sunflower lecithin, sunset yellow, tartrazine, brilliant blue, erythrosine, confectioner's glaze, polysorbate 60), Modified milk ingredients, Modified corn starch, Salt, Baking powder, Butter, Natural flavour, Mono- and diglycerides, Soybean lecithin, Propylene glycol mono- and diesters of fats and fatty acids, Citric acid, Polysorbate 60.

Nutrition Facts	
Valeur nutritive	
Per 3 cupcakes (71 g) pour 3 petits gateaux (71 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 290	
Fat / Lipides 14 g	22 %
Saturated / saturés 4.5 g + Trans / trans 0.1 g	23 %
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 210 mg	9 %
Carbohydrate / Glucides 39 g	13 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 27 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Juice Boxes

Cocktail de Pêche Peach Cocktail

Valeur nutritive	
Nutrition Facts	
pour 1 boîte / Per 1 box (200 mL)	
Calories 70	% valeur quotidienne* % Daily Value*
Lipides / Fat	0 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Glucides / Carbohydrate 18 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 17 g	17 %
Protéines / Protein 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium 25 mg	1 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %
Fer / Iron 0 mg	0 %
*5% ou moins c'est peu, 15% ou plus c'est beaucoup *5% or less is a little, 15% or more is a lot	
Ingédients : Eau, Sucres (saccharose/fructose, jus de (pomme et/ou raisin [sulfites], pêche) concentrés), Acide citrique, Arômes naturels et artificiels, Citrate de sodium, Tartrazine, Jaune soleil FCF.	
Ingredients: Water, Sugars (sugar/fructose, concentrated apple and/or grape [sulfites], peach juices), Citric acid, Natural and artificial flavours, Sodium citrate, Tartrazine, Sunset yellow FCF.	

Punch aux fruits Fruit Punch

Valeur nutritive	
Nutrition Facts	
pour 1 boîte / Per 1 box (200 mL)	
Calories 70	% valeur quotidienne* % Daily Value*
Lipides / Fat	0 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Glucides / Carbohydrate 17 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 16 g	16 %
Protéines / Protein 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium 25 mg	1 %
Potassium 20 mg	1 %
Calcium 20 mg	2 %
Fer / Iron 0 mg	0 %
*5% ou moins c'est peu, 15% ou plus c'est beaucoup *5% or less is a little, 15% or more is a lot	
Ingédients : Eau, Sucres (saccharose/fructose, jus de (pomme et/ou raisin [sulfites]) concentrés), Acide citrique, Citrate de sodium, Arômes naturels et artificiels, Amidon de maïs modifié, Amaranthe, Jaune soleil FCF.	
Ingredients: Water, Sugars (sugar/fructose, concentrated apple and/or grape [sulfites]) juices, Citric acid, Sodium citrate, Natural and artificial flavours, Modified corn starch, Amaranth, Sunset Yellow FCF.	

Jus de pomme Apple Juice

Valeur nutritive	
Nutrition Facts	
pour 1 boîte / Per 1 box (200 mL)	
Calories 80	% valeur quotidienne* % Daily Value*
Lipides / Fat	0 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Glucides / Carbohydrate 21 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 19 g	19 %
Protéines / Protein 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium 5 mg	1 %
Potassium 175 mg	4 %
Calcium 10 mg	1 %
Fer / Iron 0 mg	0 %
Vitamine C / Vitamin C 48 mg	53 %
*5% ou moins c'est peu, 15% ou plus c'est beaucoup *5% or less is a little, 15% or more is a lot	
Ingédients : Jus de pomme fait de concentré (eau, jus de pomme concentré), Vitamine C.	
Ingredients: Apple juice from concentrate (water, concentrated apple juice), Vitamin C.	

Pomme-baies Apple Berry

Valeur nutritive	
Nutrition Facts	
pour 1 boîte / Per 1 box (200 mL)	
Calories 80	% valeur quotidienne* % Daily Value*
Lipides / Fat	0 %
saturés / Saturated 0 g + trans / Trans 0 g	0 %
Glucides / Carbohydrate 21 g	
Fibres / Fibre 0 g	0 %
Sucres / Sugars 19 g	19 %
Protéines / Protein 0 g	
Cholestérol / Cholesterol 0 mg	
Sodium 10 mg	1 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Fer / Iron 0 mg	0 %
Vitamine C / Vitamin C 60 mg	67 %
*5% ou moins c'est peu, 15% ou plus c'est beaucoup *5% or less is a little, 15% or more is a lot	
Ingédients : Jus de fruits fait de concentré (eau, jus concentrés de pomme et/ou raisin [sulfites], framboise, raisin Concord et bleu), Arôme naturel, Concentré de carotte mauve, Acide citrique, Vitamine C.	
Ingredients: Fruit juice from concentrate (water, concentrated apple and/or grape [sulfites], raspberry, Concord grape and blueberry juices), Natural flavour, Concentrated purple carrot, Citric acid, Vitamin C.	

Made Good Bars (Gluten Free Dessert)

Nutrition Facts	
Valeur nutritive	
Serving Size 1 bar (24 g)	
Portion 1 barre (24 g)	
Servings Per Container 5	
Portions par contenant 5	
Calories 100	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 10 mg	1 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 200 µg	22 %
Vitamin C / Vitamine C 18 mg	20 %
Vitamin D / Vitamine D 4 µg	20 %
Vitamin E / Vitamine E 3 mg	20 %
Thiamine 0.3 mg	21 %
Vitamin B ₆ / Vitamine B ₆ 0.4 mg	21 %
* 5% or less is a little, 15% or more is a lot	
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

Ingredients

Pure gluten free oats*, Sugars* (agave syrup*, brown rice syrup, invert cane syrup), Chocolate chips* (cane sugar*, unsweetened chocolate*, cocoa butter*), Sunflower oil*, Brown rice crisp*, Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour*, Agar*, Salt. *Organic.