

# A Thermos is a Must-have!

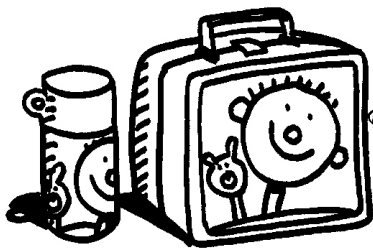
## For smooth-running lunchtimes

### There are many advantages to using Thermoses:

- More lunch variety
- Meals served at the right temperature
- No need to wait for the microwave—kids have more time to eat

## Choosing the right Thermos

It's best to choose a model lined in stainless steel. Plastic linings do not lock in heat as well. Make sure to look for the label "double-wall vacuum insulation."



## User guide for a perfect lunch

### In the morning, before packing a lunch:

1. Preheat the Thermos by filling it with boiling water, closing the lid and letting it sit for ten minutes.
2. During that time, heat the food until it boils, i.e., until too hot to immediately eat.
3. Empty the Thermos.
4. Put the food into the Thermos and close it again.

### At lunchtime, before eating:

1. Stir the contents.
2. Taste.



Write the student's name on the Thermos in permanent marker to make sure it comes back home!

## Best foods for a Thermos:

- Soups
- Pasta with sauce
- Stews (beef stew, fricassee, ragouts, etc.)
- Chile con carne
- Chicken, egg or salmon sauces (like vol-au-vent sauce)
- Curries (Indian dishes with sauce)
- Sheppard's pie

## Worst foods for a Thermos:

- Fish
- Vegetable stir-fry
- Rice
- Grilled meats
- Steamed vegetables

## Maintenance and storage

Make sure your Thermos stays hygienic by washing it every day with soapy water.

Most Thermoses cannot go in the dishwasher.

As needed, soak Thermoses in water with baking soda (Cow Brand) to eliminate stubborn smells.

Store Thermoses with the top off.



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## Recettes pour le Thermos

Pâtés chinois individuels, parfaits pour la boîte à lunch

<http://wikibouffe.iga.net/recettes/repertoire/pates-chinois-individuels-parfaits-pour-la-boite-a-lunch>

Boulettes de tofu pizza

<http://www.recettes.qc.ca/recettes/recette/boulettes-de-tofu-pizza-208354>

Couscous minute à l'edamame

<http://yoopa.ca/alimentation/idees-repas/3-idees-de-repas-pour-le-thermos-des-enfants>

### Soupes

Velouté de carottes et de courges

<http://wikibouffe.iga.net/recettes/repertoire/veloute-de-carotte-et-courge>

Soupe aux légumes et à l'orge

<http://wikibouffe.iga.net/recettes/repertoire/soupe-aux-legumes-et-a-lorge>

Soupe aux lentilles rouges où tout cuit dans le thermos

<https://www.ricardocuisine.com/recettes/3739-soupe-aux-lentilles-rouges-ou-tout-cuit-dans-le-thermos->

Soupe aux saveurs de hamburger

<https://www.ricardocuisine.com/recettes/3512-soupe-aux-saveurs-de-hamburger>

Soupe au poulet et riz

<http://noovo.ca/articles/recettes-parfaites-pour-les-thermos>

Soupe-repas asiatique aux pois chiches

<http://yoopa.ca/alimentation/idees-repas/3-idees-de-repas-pour-le-thermos-des-enfants>

Soupe-repas à l'asiatique (dans un thermos)

<http://cuisinefuteeparentspresses.telequebec.tv/recettes/48/soupe-repas-a-l-asiatique-dans-un-thermos>

Soupe ramen au porc haché et aux crevettes

<https://www.ricardocuisine.com/recettes/6121-soupe-ramen-au-porc-hache-et-aux-crevettes>



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## Chili

Le chili de Elsi

<http://wikibouffe.iga.net/recettes/repertoire/le-chili-de-elsi>

## Pâtes

Nouilles au bœuf

<https://www.ricardocuisine.com/recettes/4704-nouilles-au-boeuf>

Gratin de macaroni à la purée de carotte

<https://www.ricardocuisine.com/recettes/3524-gratin-de-macaroni-a-la-puree-de-carotte>

Macaroni sauté au poulet

<http://noovo.ca/articles/recettes-parfaites-pour-les-thermos>

Rigatonis au pesto et Parmesan (dans une seule casserole!)

<http://yoopa.ca/alimentation/idees-repas/3-idees-de-repas-pour-le-thermos-des-enfants>

## Recettes suggérées par le CIUSSS de la Mauricie et du Centre-du-Québec

Boulettes de bœuf moutarde et miel

<http://www.pratico-pratiques.com/recettes-express-5-15/recettes/soupers-de-semaine/boulettes-de-boeuf-moutarde-et-miel/>

Poulet crémeux

<http://enfantsquebec.com/2013/07/05/poulet-cremeux/>

Soupe lentilles et lait de coco

<https://www.ricardocuisine.com/recettes/336-soupe-aux-lentilles-rouges-a-l-indienne>