



WINTER/SPRING 2021-2022

SNACK AND LUNCH MENU

WEEK 1

*** AM Snacks and 2% milk provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Cheerios 2% Milk Fresh Fruit
LUNCH	Roast Chicken Drums Fried Rice Pepper and Cucumber Sticks Double Flax Seeds Bread Fresh Fruit	WW / Vegetable Pasta Tomato Meat Sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit	Chicken Noodle Soup Chicken, salami and Cheese Submarine Cauliflower Floret and Celery Sticks Sausage Bun, Mustard Fresh Fruit	Fish Nuggets Quinoa Pilaf Ketchup Green Beans Whole Wheat Pita Fresh Fruit	BBQ Meatballs Mashed Potatoes Broccoli Floret and Carrot Sticks Whole Wheat Bread Fresh Fruit
PM SNACK	Pumpkin Loaf** Fresh Fruit	No Nut Butter Rice Cakes Fresh Fruit	Berry Squares Fresh Fruit	Apple Sauce Whole Wheat Multigrain Crackers	* Tuna Salad Whole Wheat Bagel Fresh Fruit * Rooms 107 & 105 Cream Cheese

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS, JK & SK

SNACK AND LUNCH MENU

WEEK 2

*** AM Snacks and 2% milk provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp



	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit
LUNCH	Thai Chicken Whole Wheat Vegetable Pasta Parmesan Cheese Cucumber and Pepper Sticks Multigrain Bread Fresh Fruit	Turkey & Roast Vegetable Lasagna Caesar Salad Caesar Dressing Whole Wheat Bun Fresh Fruit	Haddock Fillet Rice & Peas Ketchup Whole Wheat Italian Bread Fresh Fruit	Beef Chili Lettuce, Cheese Sour Cream Tortilla Chips Fresh Fruit	Chicken Breast Strips Turmeric Rice Honey Mustard Sauce Cauliflower Floret and Celery Sticks Whole wheat Pita Fresh Fruit
PM SNACK	Yogurt Arrowroot Cookies Fresh Fruit	Banana Coconut Loaf Fresh Fruit	Chickpea Dip Whole Wheat Multigrain Crackers Veggie Sticks	No Nut Butter Whole Wheat English Muffin Fresh Fruit	Morning Glory Muffin Fresh Fruit

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS, JK & SK



SNACK AND LUNCH MENU

WEEK 3

*** AM Snacks and 2% milk provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit
LUNCH	Swedish Meatballs Whole Wheat Vegetable Pasta Cucumber & Carrot Sticks Parmesan Cheese Whole Wheat Bun Fresh Fruit	Moroccan Chicken Drums Rice Pilaf Baby Corn Whole Wheat Italian Bread Fresh Fruit	Cheese Tortellini Tomato Lentil Sauce Parmesan Cheese Double Flax Seeds Bread Broccoli Floret & Celery Sticks Fresh Fruit	All Beef Kielbasa Roast Potato & Carrots Ketchup Green Salad Dressing Feta Cheese Sausage Bun Fresh Fruit	Fish Sticks Spanish Rice Honey Mustard Sauce Cauliflower Floret and Pepper Sticks Whole Wheat Pita Fresh Fruit
PM SNACK	Carrot Cake Fresh Fruit	Sliced Cheddar Bread Sticks Fresh Fruit	Apple Sauce Rice Cakes	Gold Fish Raisins	* Egg Salad Whole Wheat Pita Fresh Fruit * Rooms 107 & 105 Cream Cheese

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS, JK & SK



SNACK AND LUNCH MENU

WEEK 4

*** AM Snacks and 2% milk provided daily in Preschool only**

AM snacks provided to all children before 9:15am on PA days, School Breaks and Summer Camp

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit
LUNCH	Coconut Chicken Alfredo with Mushrooms Rice Pilaf Pepper and Cucumber Sticks Whole Wheat Bun Fresh Fruit	Whole Wheat Vegetable Pasta Ricotta Tomato Sauce Parmesan Cheese Baby Carrots Whole Wheat Bread Fresh Fruit	Beef Hamburger Corn Niblets Ketchup Sliced Cheddar Whole Wheat Hamburger Bun Fresh Fruit	Cod Fillet Quinoa Pilaf Broccoli Floret & Celery Sticks Whole Wheat Pita Fresh Fruit	Irish Beef Stew Mashed Potatoes Asparagus Multigrain Bread Fresh Fruit
PM SNACK	Yogurt Granola Bar Fresh Fruit	Banana Berry Muffin Fresh Fruit	Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit	Chickpea Lentil Dip Whole Wheat Pita Fresh Fruit	Nachos Cheese Salsa

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Fresh Fruit items include apples, oranges, bananas, pears, plums, peaches, pineapple, cantaloupe and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal

2 % Milk for PS, JK & SK

2021 & 2022 WINTER – SPRING INGREDIENT LIST FOR HOT LUNCH ENTREES – December 12, 2021

WEEK ONE

Monday:

Roast Chicken Drums: chicken, canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Fried Rice: Rice, water, white pepper, salt, margarine (soy), soy sauce, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Tuesday:

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE)

Tomato Meat Sauce: ground beef, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Chicken Noodle Soup: chicken stock made from chicken bones, water, carrot, onion, celery, canola/sunflower oil, seasonings and spices; Noodles: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG, DAIRY FREE)

Salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate, sodium nitrite; (GLUTEN, EGG, DAIRY FREE)

Chicken: chicken, water, Sugar(glucose, dextrose)salt,soy,potassium lactate, sodium phosphate, soy flavour,chicken broth, modified potato starch and/or corn starch ,sodium diacetate, carrageenan,smoke flavour,Hydrolyzed plant protein, spices extractives, Extractives of garlic and onion, corn starch, Maltodextrin,Tomato powder,Dehydrated red bell pepper(; may contain Egg, Milk) (GLUTEN FREE):

Cheddar cheese: (GLUTEN, EGG FREE)

Thursday:

Fish Nuggets : (gluten free)cod fish fillet, rice flour ,corn, soy, garlic, onion, modified corn starch, vegetable oil,(sunflower, soya), , baking powder, sodium phosphate, sugar, salt, guar gum, maltodextrin, tocopherols, soy sauce powder, colour (caramel and paprika)(GLUTEN,EGG,DAIRY FREE)

Quinoa Pilaf: Quinoa, water, white pepper, salt, margarine (soy), canola/sunflower oil, may contain gluten (EGG, DAIRY FREE)

Friday:

BBQ Meatballs: Beef, Water, Textured Soy Protein (Caramel), Toasted Wheat Crumbs, Seasoning (Salt, Sugar, Dehydrated Onion, Spices, Garlic Powder, Parsley Flakes, Autolyzed Yeast Extract, Vegetable Oil), Soy Protein Concentrate, , BBQ Sauce (tomatoes), Seasoning ,Sodium Phosphates, Dextrose, Salt, Beef Stock, Spice Extracts).(EGG,DAIRY FREE)

Mashed potatoes: potatoes, margarine (soy/sunflower oil), milk, salt, pepper (GLUTEN, EGG FREE)

WEEK TWO

Monday:

Thai Chicken: Chicken, canola/sunflower oil, coconut milk, spinach, roast pepper, corn flour, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Tuesday:

Turkey and Roast vegetable Lasagna: Ground Turkey, Tomato sauce, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasonal vegetables (may contain: zucchini, eggplant, peppers, onion, spinach, etc), seasoning and spices.

Cesar Salad Dressing: egg, canola oil, mustard, vinegar, parmesan cheese, salt, pepper, lemon juice (GLUTEN FREE)

Wednesday:

Haddock Fillet: Haddock fish fillet, toasted wheat crumbs, water, starch (corn), flour (corn, wheat, soy) modified starch (corn) sugar, salt, baking powder, sodium phosphate, seasonings (spices, garlic, onion) guar gum, soy sauce powder (wheat) malt dextrin (corn), colour (caramel paprika) canola oil (EGG, DAIRY FREE)

Rice and Peas: Rice, green peas, salt, margarine (soy), water, white pepper, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Thursday:

Beef Chili: Ground beef, diced tomatoes, tomato sauce, kidney beans, onion, celery, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

**Chicken Breast Strips: Chicken breast, water, wheat flour, canola oil, whole grain wheat flour, modified corn starch, toasted wheat crumbs, salt, spices, sugar, baking powder, spices extracts, garlic powder, natural flavour, (MAY CONTAIN EGG, SOY)

Turmeric Rice: Rice, water, white pepper, salt, Turmeric, margarine (soy), canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Honey Mustard Sauce: water, sugar, vinegar, mustard flour, pure white Canada no 1 honey, modified corn starch, salt, turmeric extract, garlic#, natural flavour, spice. (GLUTEN, DAIRY, EGG FREE)

WEEK THREE

Monday:

Swedish Meatballs: Beef, Water, Textured Soy Protein (Caramel), Toasted Wheat Crumbs, Seasoning (Salt, Sugar, Dehydrated Onion, Spices, Garlic Powder, Parsley Flakes, Autolyzed Yeast Extract, Vegetable Oil), Soy Protein Concentrate, Seasoning (Sodium Phosphates, Dextrose, Salt, Beef Stock, Spice Extracts)

WITH Tomato Cream sauce: Tomatoes, cream, onions, garlic, seasoning and spices (EGG FREE)

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Tuesday:

Moroccan Chicken Drums: chicken drums, canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: Rice, water, white pepper, salt, margarine (soy), canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Cheese Tortellini: durum wheat nutrient, rice flour, niacin, folic acid, riboflavin, thiamin, ricotta cheese, mozzarella cheese, parmesan cheese, spinach, tomato powder, eggs

Tomato Lentil sauce: tomatoes, onion, garlic, lentil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Thursday:

Beef Kielbasa: Beef, water, potato starch, sugar, salt, spices, corn syrupsolids, sodium phosphate, dextrose, sodium erythorbate, smoke flavour, sodium nitrite (GLUTEN, EGG, DAIRY FREE)

Roast Potatoes and Carrots: Potatoes, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Salad Dressing: Balsamic vinegar, canola and soy bean oil, mustard, lemon juice seasoning and spices (GLUTEN, EGG, DAIRY FREE)

FRIDAY:

Fish sticks: Minced fish fillets (haddock/Pollock/cod), water, toasted wheat crumbs, modified starch (corn), flour (corn, wheat, soy), sugar, baking powder, vegetable oil (modified palm), sodium phosphate, guar gum, spices, canola oil.

(DAIRY, EGG FREE)

Spanish Rice: Rice, water, canola/sunflower oil, white pepper, salt, margarine, tomato paste (GLUTEN, EGG, DAIRY FREE)

Honey Mustard Sauce: water, sugar, vinegar, mustard flour, pure white Canada no 1 honey, modified corn starch, salt, turmeric extract, garlic#, natural flavour, spice. (GLUTEN, DAIRY, EGG FREE)

WEEK FOUR

Monday:

Coconut Chicken Alfredo with Mushrooms: Chicken, mushrooms, coconut milk, canola/sunflower oil, corn flour, seasoning and spices

(GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: Rice, water, white pepper, salt, margarine (soy), canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Tuesday:

WW Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, (EGG, DAIRY FREE) OR

Vegetable Pasta: Durum semolina, dehydrated spinach, tomato powder, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate ;(EGG, DAIRY FREE)

Ricotta Tomato sauce: tomatoes, onion, Ricotta Cheese, seasonings and spice (GLUTEN, EGG FREE)

Wednesday:

Beef hamburger: Ground beef, eggs, bread crumbs, mustard, soy sauce, seasoning and spices (DAIRY FREE)

Corn Niblets: Corn, water, salt, margarine (soy/sunflower oil) (GLUTEN, EGG, DAIRY FREE)

Thursday:

Cod Fillet: Cod, Water, Canola oil, Flour (wheat, corn, soy), Toasted wheat crumbs, Modified corn starch, Salt, Modified palm oil, Baking powder, Sodium phosphate (to retain moisture), Guar flour, Sugars (dextrose), Seasonings (yeast extract). (EGG, DAIRY FREE)

Quinoa Pilaf: Quinoa, water, white pepper, salt, margarine (soy), canola/sunflower oil, may contain gluten (EGG, DAIRY FREE)

Friday:

Beef Stew: Beef, canola/sunflower oil, carrots, onion, sweet potatoes, green peas, beef stock, tomato paste, flour, seasonings and spice

(EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine (soy/sunflower oil), milk, salt, pepper (GLUTEN, EGG FREE)

***This menu has been reviewed and approved by a registered Dietician.**