

FALL- WINTER INGREDIENT LIST FOR VEGETARIAN (NO MEAT OR FISH) HOT LUNCH ENTREES

WEEK ONE

Monday:

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

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

Cheese Sauce: milk, cream, cheddar cheese, ricotta cheese, flour, seasoning and spices

Tuesday:

Lentil Curry: lentil, seasonal vegetables, tomatoes, vegetable stock

Buriyani Rice: rice, water, salt, margarine (soy), canola oil, sunflower oil, raisins, cinnamon, seasoning and spices

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar

Wednesday:

Zucchini Egg Pie: zucchini, eggs, milk, cheddar cheese, seasonings and spices

Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, peppers, onion, carrots, corn, seasonings and spices

Thursday:

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

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

Chickpea Cacciatore: chickpea, peppers, onion, carrots, tomato sauce seasoning and spices

Friday:

Veggie nuggets (water, textured soy protein, canola oil, textured wheat protein, wheat gluten, natural flavours, modified cellulose, soy protein, spices, yeast extract, salt, vitamin and mineral blend), breading (toasted whole wheat crumbs), canola oil, batter (unbleached wheat flour, corn starch, corn flour, sea salt, canola oil, baking powder, guar gum). Contains: soy, wheat, mustard.

Yellow Rice: rice, salt, margarine (soy), canola oil, seasoning and spices

WEEK TWO

Monday:

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

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

Tofu Spinach Stirfry: tofu, spinach, seasonal vegetables, teriyaki sauce, seasonings and spices

Tuesday:

Pepper and Feta Quiche: eggs, cheddar and feta cheese, peppers, seasonings and spices

Rice Pilaf: rice, salt, margarine (soy), canola oil, seasoning and spices

Tartar Sauce: mayonnaise (egg, lemon juice, mustard, vinegar, canola, sunflower oil) relish, seasoning and spices

Wednesday:

Veggie Burger: cooked black beans, cooked brown rice, water, vegetables (onion and corn), expeller pressed canola oil, roasted vegetables (corn, red and green bell peppers), soy protein concentrate, tomato paste, potato starch, organic cane sugar, methylcellulose, sea salt, yeast extract, onion powder, spices, garlic powder, black bean powder, instant coffee, natural flavours (from plant sources), tomato powder, citric acid, lactic acid, molasses

OR: filtered water, soy protein concentrate, onion, sunflower oil, canola oil, modified cellulose, potato starch, natural flavour, caramel colour, dried garlic, yeast extract, sugar, onion powder, salt, spice

OR Water, soy protein, canola oil, ketchup, onion, methylcellulose, wheat gluten, garlic, salt, yeast extract, sugar, spices, flavor, caramel color, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin

Oven Fries: Potatoes, Soybean and/or Canola Oil, Wheat Flour, Rice Flour, Yellow Corn Meal, Salt, Modified Corn Starch, Garlic Powder, Onion Powder, Spices, Flavor (Contains Autolyzed Yeast Extract, Dried Torula Yeast, Thiamine Hydrochloride, Corn Syrup Solids), Dehydrated Parsley, Guar Gum, Sodium Acid Pyrophosphate, Dextrose

Thursday:

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

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

Ricotta Tomato Sauce: ricotta cheese, tomato sauce (Tomatoes, onions, garlic, seasoning and spices)

Friday:

Vegetable Medley: seasonable vegetables, seasoning and spices

Cabbage Rice: rice, margarine (soy), salt, canola oil, cabbage, seasoning and spices

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar

WEEK THREE:

Monday:

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

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

Chickpea in Tomato sauce: chickpea, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Tuesday:

Lentil Spinach Soup: Vegetable stock (carrots, celery, onion, cabbage and seasonal vegetables) lentil, spinach, tomatoes, Pasta (durum wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate)

Cheese submarine

Wednesday:

Veggie Burger: cooked black beans, cooked brown rice, water, vegetables (onion and corn), expeller pressed canola oil, roasted vegetables (corn, red and green bell peppers), soy protein concentrate, tomato paste, potato starch, organic cane sugar, methylcellulose, sea salt, yeast extract, onion powder, spices, garlic powder, black bean powder, instant coffee, natural flavours (from plant sources), tomato powder, citric acid, lactic acid, molasses

OR: filtered water, soy protein concentrate, onion, sunflower oil, canola oil, modified cellulose, potato starch, natural flavour, caramel colour, dried garlic, yeast extract, sugar, onion powder, salt, spice

OR Water, soy protein, canola oil, ketchup, onion, methylcellulose, wheat gluten, garlic, salt, yeast extract, sugar, spices, flavor, caramel color, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin

Rice Pilaf: rice, water, salt, margarine (soy), canola oil

Thursday:

Ricotta Spinach Lasagna: pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, tomato sauce, spinach, seasoning and spices.

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar

Friday:

Vegetarian Hotdog : water, isolated soy protein, wheat gluten, natural flavors, salt, wheat starch, evaporated cane juice powder, spices, carrageen , vitamins, minerals, beet powder and paprika

Oven Roast Potato Bites: Potatoes, Vegetable oil (soybean oil and/or canola oil), Salt, Yellow corn flour, dehydrated potatoes, Dextrose, Spice extractive, Sodium acid pyrophosphate

WEEK FOUR

Monday:

Chickpea Stirfry: chickpea, seasonal vegetables, teriyaki sauce, seasonings and spices

Rice Pilaf: rice, water, salt, margarine (soy), canola oil, seasoning and spices

Tuesday:

Potato Pea Patty: potatoes, green peas, carrots, beans, paneer, garlic powder, sunflower oil, pepper, oregano, potato flakes, salt, water, bread crumbs, wheat flour, corn starch(contain wheat , milk)

Quinoa: quinoa, water, salt, margarine (soy), canola oil, seasoning and spices

Wednesday:

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

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

Lentil Bolognese Sauce: lentil, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Thursday:

Veggie nuggets (water, textured soy protein, canola oil, textured wheat protein, wheat gluten, natural flavours, modified cellulose, soy protein, spices, yeast extract, salt, vitamin and mineral blend), breading (toasted whole wheat crumbs), canola oil, batter (unbleached wheat flour, corn starch, corn flour, sea salt, canola oil, baking powder, guar gum). Contains: soy, wheat, mustard.

Fried Rice: rice, water, margarine (soy), canola oil, soy sauce, seasoning and spices

Friday:

Lentil Sloppy Joes: lentil, carrots, pepper, onions, tomatoes, seasoning and spices

Corn Niblets: Corn, water, salt, margarine (soy)

Salad Dressing: Balsamic vinegar, canola and soy bean oil, water, grape juice concentrate, caramel, natural flavour, sugar, salt, spices, mustard, dehydrated garlic, xanthan gum, potassium Sorbate OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar

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