2021 WINTER - SPRING INGREDIENT LIST FOR HOT LUNCH ENTREES

WEEK ONE

Monday:

Masala Chicken Drums: chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Yellow Rice: Rice, water, canola oil, margarine, white pepper, salt, tumuric (GLUTEN, EGG, DAIRY FREE)

Tuesday:

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

Meat sauce::Ground beef, crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Soup: chicken stock made from chicken bones, water, carrot, onion, celery, seasonings and spices;

(GLUTEN, EGG, DAIRY FREE)

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, cornstarch, glucose, sodium phosphate, soy protein concentrate, sodium dictate, salt, carrageen an, spices, hydrolyzed plant protein (corn and soy); may contain eggs;

(GLUTEN, DAIRY FREE):

Cheddar cheese: (GLUTEN,EGG FREE)

Thursday:

Haddock Fish 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)

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

Friday:

Beef 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).(EGG,DAIRY FREE)

Demi glace sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour. (EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

WEEK TWO

Monday:

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

Ricotta Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, and celery, Ricotta Cheese: seasonings and spice (GLUTEN, EGG FREE)

Tuesday:

Crispy Alaskan Pollack Fillet: Pollack fillet, water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder, sugar, salt, spice extractive, guar gum,

(may contain soy) (DAIRY, EGG FREE)

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

Wednesday:

All Beef Lasagna: Ground Beef, Tomato sauce, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices.

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

Thursday:

Coconut Curry Chicken: Chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Friday:

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

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

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

WEEK THREE

Monday:

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

Braised Chicken with roast pepper, olives: Chicken, roast pepper, olives, seasoning and spices

(GLUTEN, EGG, DAIRY FREE)

Tuesday:

Beef Tacos: Ground beef, diced tomatoes, onion, celery, carrots, seasoning and spices

(GLUTEN, EGG, DAIRY FREE)

**Taco shells**:Whole grain corn, canola and/or soybean oil, palm oil, water, calcium hydroxide(Gluten,egg,dairy free)

Wednesday:

Cod Fish sticks: Cod/ Alaskan fish , water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder,sugar,salt, spice extractive, guar gum, (may contain soy) (DAIRY, EGG FREE)

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

Thursday:

Vegetable Lasagna: Drum wheat semolina, whole eggs, Tomato sauce, olive oil, vegetable oil, mozzarella cheese, Romano cheese, parmesan cheese, zucchini, red peppers, red onion and seasonal vegetables,

Whipping cream, parsley, basil seasoning and spices.

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

FRIDAY:

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

Corn Niblets: Corn, water, salt, margarine (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

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

Beef 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). Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice: (EGG,DAIRY FREE)

Tuesday:

Paprika Chicken Drums: chicken drums, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

Wednesday:

Beef Cannelloni: Drum wheat semolina, water, eggs,

ground beef, tomato, cheese(mozzarella,romano,parmesan)wheat crumbs,onion,canola oil, garlic salt,spices,sugar,citric acid

Thursday:

Chicken breast Strips: Chicken breast, Enriched wheat flour, Water, Modified tapioca starch, Corn starch, Palm oil, Wheat starch, Salt, Autolyzed yeast extract, Spices and spice extracts, Sunflower oil, Rice flour, Leavening (sodium acid pyrophosphate, sodium carbonate, sodium bicarbonate), Sugars (sugar, dextrose), Garlic and onion powder, Citric acid, Natural flavour. (EGG, DAIRY FREE)

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

Salad Dressing: Balsamic vinegar, canola and soy bean oil, mustard, lemon juice seasoning and spices

(GLUTEN, EGG, DAIRY FREE)

Honey mustard Sauce: contain honey, mustard (gluten, egg, dairy free)

Friday:

Pollack Fish Fillet: Pollack fish fillet, toasted wheat crumbs(soy),modified corn starch, seasoning(onion,garlic,spices,corn flour,salt,sodium phosphate,sugar,guar gum,colour(caramel paprika)vegetable oil(canola/sunflower seed)

Green Peas: green peas, salt, margarine, water (GLUTEN, EGG, DAIRY FREE)

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