



# WINTER/SPRING 2023

## 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Chicken Jambalaya Pepper and Cucumber Sticks Honey Oats 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 Fresh Fruit	Fish Sticks Quinoa Pilaf Ketchup Baby Corn Multigrain Bun Fresh Fruit	Beef Lasagna Caesar Salad Caesar Dressing Whole Wheat Bread Fresh Fruit
<b>PM SNACK</b>	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	No Nut Butter Whole Wheat English Muffin Fresh Fruit	Gold Fish Crackers Raisins	Apple Berry Sauce Whole Wheat Multigrain Crackers	Bran Banana Loaf Fresh Fruits

**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://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 daily**

**2% Milk for JK and SK on school breaks when hot lunch provided**

# 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Meatballs with Gravy Mashed Potatoes Parmesan Cheese Cucumber and Pepper Sticks Multigrain Bun Fresh Fruit	Whole Wheat / Vegetable Pasta Tuscan Chicken Baby Carrots Whole Wheat Bread Fresh Fruit	Krunchie Haddock Basmati Rice, Ketchup Broccoli Floret and Celery Sticks Honey Oats Bread Fresh Fruit	Sloppy Joe Lettuce, Cheese, Sour Cream Whole Wheat Flour Tortillas Fresh Fruit	Chicken Breast Strips Saffron Rice BBQ Sauce Green Beans Whole Wheat Pita Fresh Fruit
<b>PM SNACK</b>	Yogurt Arrowroot Cookies Fresh Fruit	Zucchini Banana Loaf Fresh Fruit	Soft Cheese Whole Wheat Bagel Fresh Fruit	Carrot Muffin Fresh Fruit	No Nut Butter Raisin Bread 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**

**2% Milk for JK and SK on school breaks when hot lunch provided**



# 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Mac & Cheese Sauce Cucumber and Carrot Sticks Whole wheat Italian Bread Fresh Fruit	Lemon Pepper Cod Basmati Rice Ketchup Baby Corn Whole Wheat Bun Fresh Fruit	Shell Pasta Chicken in Ricotta Tomato Sauce Parmesan Cheese Whole Wheat Bread Cauliflower Floret and Celery Sticks Fresh Fruit	Beef Hotdog Roast Potatoes Green Beans Ketchup Hotdog Bun Fresh Fruit	Roast Chicken Drums Yellow Rice Baby Carrots Whole Wheat Pita Fresh Fruit
<b>PM SNACK</b>	Apple Berry Sauce Rice Cakes	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Goldfish Crackers Raisins	Apple Berry Loaf Fresh Fruit	Sliced Cheddar Whole Wheat Multigrain Crackers 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**

**2% Milk for JK and SK on school breaks when hot lunch provided**



# **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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	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
<b>LUNCH</b>	Whole Wheat / Vegetable Pasta Meatballs in Tomato Sauce Parmesan Cheese Pepper and Cucumber Sticks Whole Wheat Bread Fresh Fruit	Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Hamburger Bun Fresh Fruit	Chicken Breast Strips Quinoa Pilaf Asparagus Honey Mustard Sauce Multigrain Bun Fresh Fruit	Salmon Roti Coleslaw, Dressing Whole Wheat Pita Fresh Fruit	Roast Diced Chicken Rice Pilaf Baby Carrots Whole Wheat Bread Fresh Fruit
<b>PM SNACK</b>	Morning Glory Loaf Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Pumpkin Banana Raisin Loaf Fresh Fruit	Oatmeal Raisin Cookies Fresh Fruit	Nachos Cheese Salsa

**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://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**

**2% Milk for JK and SK on school breaks when hot lunch provided**

## 2023 WINTER- SPRING INGREDIENT LIST FOR HOT LUNCH ENTREES – January 16, 2023

### WEEK ONE

#### Monday:

Chicken Jambalaya: chicken, Rice, canola/sunflower oil, margarine (soy), water, carrots, onions, tomatoes, peas, soy sauce, seasoning and spices (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, chicken, durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate, seasonings and spices; (EGG, DAIRY FREE)

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

Chicken: chicken breast, Water, Sugars (glucose solids), Salt, Vinegar, Flavour, Modified corn starch, Sodium phosphate, Sodium erythorbate, Carrageenan, Torula yeast, Onion powder, Spices. (May contain eggs) (GLUTEN, DAIRY FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

#### Thursday:

Fish sticks: (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)

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

#### Friday:

Beef Lasagna: Beef, tomato sauce, water, 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)

### WEEK TWO

#### Monday:

Meatballs with Gravy: 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 paste, flour, sunflower oil, seasoning and spices ( EGG, DAIRY FREE)

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

Tuscan Chicken: Chicken, canola/sunflower oil, white kidney beans, tomatoes, onion, garlic, roast red pepper, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

#### Wednesday:

Krunchie Haddock: Haddock fillets, Water, Toasted wheat crumbs, Flour (wheat, corn, soy), Vegetable oil (canola, soya), Modified corn starch, Corn starch, Sugar, Salt, Seasonings (onion, yeast extract, spices, garlic, soy sauce powder), Baking powder, Sodium phosphate (to retain moisture), Guar flour, Paprika, Caramel (colour). Contains: Haddock (fish), Wheat, Soy. (EGG, DAIRY FREE)

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

**Thursday:**

Sloppy Joes: Ground beef, diced tomatoes, chili sauce, onion, celery, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

**Friday:**

Chicken breast Strip: chicken breast, water, salt, garlic powder, onion powder, spice. In a batter and breading of water, toasted wheat crumbs, corn flour, wheat flour, modified corn starch, salt, dextrose, baking powder, vegetable oil. (EGG, DAIRY FREE)

**OR**

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)

**OR**

Chicken breast, rice starch, salt, maltodextrin, sodium phosphate, spices and spices extracts, (garlic, pepper), hydrolyzed soy protein, yeast extract, flavour, in coating of wheat flour, water, corn starch, modified tapioca starch, salt, maltodextrin, dextrose, yeast extract, palm oil, flavour, hydrolyzed soy protein, guar gum, xanthan gum, sodium carbonate, soy bean oil ( contain gluten, soy, Mustard) (EGG, DAIRY FREE)

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

BBQ sauce: (GLUTEN, EGG, DAIRY FREE)

**WEEK THREE**

**Monday:**

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

Cheese Sauce: milk, cream, cheddar cheese, ricotta cheese, flour, seasoning and spices (EGG FREE)

**Tuesday:**

Lemon Pepper Cod: Cod, flour (wheat, corn, soy), water, modified starch (corn), salt, sugar, seasonings (spices, onion), flavour (lemon, butter [milk]), vegetable oil (canola, soya), sodium phosphate, baking powder, Autolyzed yeast extract, colour (caramel, paprika, annatto, and turmeric), yeast, citric acid, guar gum, lecithin (soy), canola oil.

(EGG FREE)

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

**Wednesday:**

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

Chicken in Ricotta Tomato sauce: chicken, tomatoes, onion, garlic, ricotta cheese, seasoning and spices (GLUTEN, EGG FREE)

**Thursday:**

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

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

**FRIDAY:**

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

Yellow Rice: Rice, water, salt, margarine (soy), canola/sunflower oil, turmeric (GLUTEN, EGG, DAIRY FREE)

## WEEK FOUR

### Monday:

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)

Meatballs in tomato sauce: 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) Tomatoes, onions, garlic, seasoning and spices (EGG, DAIRY FREE)

### Tuesday:

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)

### Wednesday:

Chicken breast Strip: chicken breast, water, salt, garlic powder, onion powder, spice. In a batter and breading of water, toasted wheat crumbs, corn flour, wheat flour, modified corn starch, salt, dextrose, baking powder, vegetable oil. (EGG, DAIRY FREE)

OR

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)

OR

Chicken breast, rice starch, salt, maltodextrin, sodium phosphate, spices and spices extracts, (garlic, pepper), hydrolyzed soy protein, yeast extract, flavour, in coating of wheat flour, water, corn starch, modified tapioca starch, salt, maltodextrin, dextrose, yeast extract, palm oil, flavour, hydrolyzed soy protein, guar gum, xanthan gum, sodium carbonate, soy bean oil ( contain gluten, soy, Mustard) (EGG, DAIRY FREE)

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

### Thursday:

Salmon Roti: salmon fish, potatoes, peas, roast peppers, coconut milk, lemon juice, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

(Coleslaw) 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 (GLUTEN, EGG, DAIRY FREE)

### Friday:

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

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

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