



# SUMMER/FALL 2021

## 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>	Roast Chicken Drums Quinoa Pilaf Pepper and Cucumber Sticks Double Flax Seeds Bread Fresh Fruit	WW / Vegetable Pasta Ricotta Tomato 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	Pollack Crunchy Rice Pilaf, Ketchup Green Beans Whole Wheat Pita Fresh Fruit	Meatballs With Gravy Mashed Potatoes Broccoli Floret and Carrot Sticks Whole Wheat Bread Fresh Fruit
<b>PM SNACK</b>	No Nut Butter Rice Cakes Fresh Fruit	Pumpkin Banana Loaf Fresh Fruit	Berry Squares Fresh Fruit	Sliced Cheddar Apple Sauce Bread Sticks	*Tuna Salad Whole Wheat Bagel Fresh Fruit <b>*Room 105 &amp; 107 Cream Cheese</b>

**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 & JK**

# 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>	WW / Vegetable Pasta Vegetable and Chickpea(puree) In Tomato Sauce Parmesan Cheese Cucumber and Pepper Sticks Rye Bread Fresh Fruit	Beef Tacos Lettuce, Cheese, Sour Cream Tortilla Chips Fresh Fruit	Haddock Fillet ** Rice & Peas Ketchup Whole Wheat Italian Bread Fresh Fruit	Beef Lasagna Caesar Salad, Caesar Dressing Whole Wheat Bun Fresh Fruit	Chicken Breast Strips Fried Rice, Honey Mustard Sauce Cauliflower Floret and Celery Sticks Whole wheat Pita Fresh Fruit
<b>PM SNACK</b>	Yogurt Bran Cookies Fresh Fruit	Mixed Berry Loaf Fresh Fruit	Ricotta Cream Cheese Whole Wheat Multigrain Crackers Fresh Fruit	No Nut Butter Whole Wheat Bagels 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**



# 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>	Meatballs Submarine Mashed Potatoes Cucumber and Carrot Sticks Parmesan Cheese Sausage Bun Fresh Fruit	Teriyaki Chicken Drums Rice Pilaf Baby Corn Rye Bread Fresh Fruit	Cheese Cannelloni Green beans Whole Wheat Dinner Rolls Fresh Fruit	Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Whole Wheat Hamburger Bun Fresh Fruit	Fish Sticks Spanish Rice , Ketchup Cauliflower Floret and Pepper Stick Whole Wheat Italian Bread Fresh Fruit
<b>PM SNACK</b>	Carrot Cake Fresh Fruit	Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit	Apple Sauce Rice Cakes	Gold Fish Crackers Raisins	* Egg Salad Whole Wheat Mini 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**



# **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>	WW / Vegetable Pasta Turkey, Pepper and Olives in Tomato Sauce Parmesan cheese Pepper and Cucumber Sticks Whole Wheat Bread Fresh Fruit	Pineapple Chicken Buriyani Rice, Baby Carrots Whole Wheat Bun Fresh Fruit	Gluten free Cod Nuggets Quinoa Pilaf Broccoli floret and Celery Sticks ketchup Whole Wheat Pita Fresh Fruit	Chicken Lasagna Green Salad, Balsamic Dressing Double Flax Seeds Bread Fresh Fruit	All Beef Kielbasa Roast Potatoes, Ketchup Green Beans Sausage Bun Fresh Fruit
<b>PM SNACK</b>	Yogurt Granola Bars Fresh Fruit	Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit	Bran Raisin Muffin Fresh Fruit	Chickpea Lentil Dip Whole Wheat Pita Veggie Sticks	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**

## 2021 SUMMER - FALL INGREDIENT LIST FOR HOT LUNCH ENTREES

August 23, 2021

### WEEK ONE

#### Monday:

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

Quinoa Pilaf: Quinoa, water, white pepper, salt, margarine (soy), canola oil, may contain 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, water, onion, Ricotta Cheese: seasonings and spice (GLUTEN, EGG FREE)

#### Wednesday:

Chicken Noodle Soup: chicken stock made from chicken bones, water, carrot, onion, celery, 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:

POLLOCK CRUNCHY: Pollack, WATER, TOASTED WHEAT CRUMBS (SOY), MODIFIED STARCH (CORN), SEASONINGS (ONION, GARLIC, SPICES), FLOUR (CORN), SALT, SODIUM PHOSPHATE, SUGAR, GUAR GUM, COLOUR (CAMEL, PAPRIKA), VEGETABLE OIL (CANOLA/SUNFLOWER SEED). BROWNED IN CANOLA OIL.( EGG, DAIRY FREE)

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

August 23, 2021

\* Update September 10,2021

## WEEK TWO

### 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)

Vegetables and chick pea in Tomato sauce: tomatoes and may contain onion, carrot, zucchini celery, chickpeas and seasonal vegetables, seasonings and spice (GLUTEN, EGG, DAIRY FREE)

### Tuesday:

Beef Tacos: Ground beef, diced tomatoes, onion, celery, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

### Wednesday:

#### 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)

Rice and Peas: green peas, salt, margarine (soy), water, rice (GLUTEN, EGG, DAIRY FREE)

### Thursday:

All Beef Lasagna: Gr ound 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)

### Friday:

\* Chicken breast Strips: chicken, water, rice starch, salt, maltodextrin, sodium phosphate, spices and spice extracts (garlic, black pepper, white pepper)hydrolyzed soy proteins, yeast extract, flavor in a coating of wheat flour, corn starch, modified tapioca starch, palm oil, guar gam, xanthan, **soy bean oil, mustard** (EGG, DAIRY FREE)

Fried Rice: Rice, water, white pepper, salt, margarine(soy), soy sauce, canola 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:

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)\_and

Tomato sauce: Tomatoes,onions,garlic,seasoning and spices (EGG,DAIRY FREE)

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

### Tuesday:

Teriyaki Chicken Drums: chicken drums, teriyaki sauce, canola/sunflower oil, seasoning and spices (EGG, DAIRY FREE)

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

### Wednesday:

Cheese Cannelloni: Drum wheat semolina, water, eggs, cheese(mozzarella,romano,parmesan)wheat crumbs,onion, garlic salt,spices,sugar,citric acid,corn starch, spices, Tomato

Sauce:tomatoes,onion,garlic,seasoning and spices

August 23, 2021

\* Update September 10,2021

**Thursday:**

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

Corn Niblets: Corn, water, salt, margarine (soy) (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 oil, white pepper, salt, margarine, tomato paste, canola oil (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)

Turkey, pepper, olives in Tomato sauce: turkey, tomatoes, water, onion, garlic, peppers, olives, seasonings and spice: (GLUTEN, EGG, DAIRY FREE)

**Tuesday:**

Pineapple Chicken: Chicken, pineapple, canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Buriyani Rice: Rice, water, white pepper, salt, margarine(soy), raisins, canola/sunflower oil, cinnamon, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

**Wednesday:**

Gluten Free Cod 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 oil, may contain gluten (EGG, DAIRY FREE)

**Thursday:**

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

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

**Friday:**

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

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