



# FALL/WINTER 2018-2019

## SNACK AND LUNCH MENU

### WEEK 1

\* AM Snacks 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
<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>	Beef Meatballs with Homemade Gravy Mashed Potatoes Pepper & Carrot Sticks Rye Bread Fresh Fruit 2% Milk	Honey Garlic Chicken Rice Pilaf Broccoli Florets & Tomato Wedges Whole Wheat Pita Fresh Fruit 2% Milk	Vegetable Shell Pasta * Tomato Sauce with Chickpea and Spinach Parmesan Cheese Green Beans & Cauliflower Florets Whole Wheat Italian Bread Fresh Fruit 2% Milk	Beef Hamburger Corn Nibbles * Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit 2% Milk	Haddock Bites Caesar Salad, * Dressing, Croutons Honey Mustard Sauce Sixteen Grain Bread Fresh Fruit 2% Milk
<b>PM SNACK</b>	Nachos Cheese Salsa 2% Milk	Yogurt Granola Bars Fresh Fruit 2% Milk	Baby Carrots Caesar Dip Premium Crackers Fresh Fruit 2% Milk	Dates Muffin Fresh Fruit 2% Milk	Beef Salami Cheese Wheat Crackers Fresh Fruit 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

**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**

As of November 6, 2018

\* Revision November 6 – Week 1 Wednesday, Thursday, Friday, Week 2 Thursday, Week 3 Tuesday & Friday, Week 4

\* Revision November 1 – Week 4 Snacks

\* Revision October 18 – Week 2 Wednesday

# SNACK AND LUNCH MENU

## WEEK 2



**\* AM Snacks 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>	Beef and Vegetable Stir Fry Vegetable Rotini Whole Wheat Bun Fresh Fruit 2% Milk	Curry Chicken Fried Rice Baby Carrots Whole Wheat Pita Fresh Fruit 2% Milk	Basa Crunchy * Green Peas Ketchup Multigrain Bread Fresh Fruit 2% Milk	Homemade Chicken and Rice Soup Salami, Chicken & Cheese Submarine* Broccoli Florets & Celery Sticks Whole Wheat Bun Mustard Fresh Fruit 2% Milk	Beef Tacos Lettuce, Cheese, Sour Cream Taco Shells Fresh Fruit 2% Milk
<b>PM SNACK</b>	Pumpkin Loaf Fresh Fruit 2% Milk	Honeyed Sour Cream Banana Rollup 2% Milk	Apple Sauce Rice Cakes 2% Milk	Chocolate Bran Muffin Fresh Fruit 2% Milk	Cucumber Tzatziki Dip Whole Wheat Pita Fresh Fruit 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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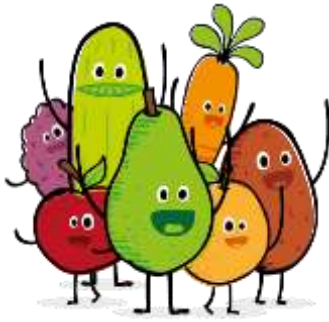
**Water available at every meal**

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# SNACK AND LUNCH MENU

## WEEK 3

\* AM Snacks 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>	Whole Wheat Penne Chicken and Mushrooms in Tomato Alfred Sauce Parmesan Cheese Cauliflower Florets & Cucumber Sticks Ancient Grain Bread Fresh Fruit 2% Milk	Meat Loaf * Mashed Potatoes Broccoli Florets & Tomato Wedges Whole Wheat Bun Fresh Fruit 2% Milk	Alaskan Pollack Almost Greek Salad Hash Browns Feta Cheese, Dressing Ketchup Whole Wheat Greek Pita Fresh Fruit 2% Milk	Whole Wheat Spaghetti Meatballs in Tomato Sauce Parmesan Cheese Cucumber & Carrot Sticks Double Flax Bread Fresh Fruit 2% Milk	Roast Turkey with Gravy * Rice Pilaf Green Beans & Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk
<b>PM SNACK</b>	No Nut Butter English Muffin Fresh Fruit 2% Milk	Yogurt Bran Cookies Fresh Fruit 2% Milk	Sliced Cheddar Bread Sticks Apple Sauce 2% Milk	Spinach Feta Yogurt Dip Corn Chips Fresh Fruit 2% Milk	Tuna Salad Whole Wheat Bagel Fresh Fruit 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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**Vegetarian alternative available daily**

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# **SNACK AND LUNCH MENU**

## **WEEK 4**

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	<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 Scooby Doo Pasta Tomato Meat Sauce * Parmesan Cheese Carrot & Pepper Sticks Double Flax Bread Fresh Fruit 2% Milk	Cod Nuggets * Brown Rice Ketchup Broccoli Florets & Cucumber Sticks Whole Wheat Bun Fresh Fruit 2% Milk	Chicken Rollup Rice Lettuce, Cheese, Sour Cream Whole Wheat Flour Tortillas Fresh Fruit 2% Milk	Turkey Sausage * Ketchup Chickpea & Mango Salad Whole Wheat Hotdog Bun Fresh Fruit 2% Milk	Fish Sticks Quinoa Pilaf Honey Mustard Sauce Cauliflower Florets & Celery Sticks Multigrain Bread Fresh Fruit 2% Milk
<b>PM SNACK</b>	Organic Carrot Cake Fresh Fruit 2% Milk	Whole Wheat * Gold Fish Raisins Fresh Fruit 2% Milk	No Nut Butter Rice Cakes Fresh Fruit 2% Milk	Blueberry Muffin * Fresh Fruit 2% Milk	Avocado Sour Cream Dip Triscuit Wheat Crackers Fresh Fruit 2% Milk
<b>5:30 SNACK</b>	Fresh Fruit/Raisins 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk	Fresh Fruit 2% Milk

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

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**Water available at every meal**

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## 2018 FALL-WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES – November 6, 2018

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### WEEK ONE

Monday:

Beef Meatballs: beef, water, seasonings, spices, soy protein concentrate (may contain sesame seeds)

Demi glaze sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour,

Mashed potatoes; potatoes, margarine, milk, salt, pepper

Tuesday:

Honey garlic chicken: chicken, honey, garlic, corn starch and seasoning and spices

Wednesday:

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

Tomato Sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, mixed vegetables, seasonings and spice; chickpea, spinach

Thursday:

Beef hamburger: Ground beef, eggs, Bread crumbs, textured soy protein, onions, mustard, soy sauce, onions, salt, pepper, garlic, thyme

Friday:

Haddock bites: water, vegetable oil (canola/soya/sunflower, modified palm), toasted wheat crumbs, flour (wheat, corn), modified corn starch, wheat starch, sugars [maltodextrin (corn, potato), corn dextrin, dextrose], salt, soy protein, baking powder, butter flavour, sodium phosphate (to retain moisture), modified cellulose, seasonings (yeast extract, spices) guar flour, annatto, turmeric

Caesar salad dressing; egg, canola oil, mustard, parmesan cheese, lemon juice, red vinegar, salt, pepper

### WEEK TWO

Monday:

Beef and vegetable stir fry: beef, Teriyaki Sauce: glucose, water, soy sauce, wheat, modified corn starch, molasses, lemon juice, garlic; Vegetables; may include; carrots, peas, beans, corn, pepper, cauliflower, broccoli and seasonings and spices

Tuesday:

Curry chicken: chicken, chicken stock, coconut milk and seasoning and spices

Wednesday:

Basa fish fillets: water, wheat crumbs, cornstarch, flour, baking powder, sodium phosphate, sugar, salt, guar gum, maltodextrin, soy sauce powder, colour (caramel and paprika)

Thursday:

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

Salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate,

sodium nitrite Chicken: chicken, water, cornstarch, glucose, sodium phosphate, soy protein concentrate, sodium diacetate, salt, carrageenan, spices, hydrolyzed plant protein (corn and soy);

cheddar cheese:

Friday:

Ground Beef; carrot, celery, onions, textured soy protein, tomatoes, seasonings and spices

### **WEEK THREE**

Monday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato alfredo sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, chicken ,mushrooms, cream, seasonings and spices

Tuesday:

Meat loaf: Ground beef, eggs,. Bread crumbs, textured soy protein, onions, mustard, soy sauce, onions, salt, pepper, garlic, thyme, bbq sauce

Mashed potatoes; potatoes, margarine, milk, salt, pepper

Wednesday:

Alaskan Pollack : water, toasted wheat crumbs, corn starch, flour, soy, vegetable oil, canola, soya, sunflower oil, baking powder, sodium phosphate, , guar gum, maltodextrin, colour (caramel, paprika), milk ingredients, seasoning and spices.

Hash Browns: Potatoes,vegetable, canola and soya oil,yellow corn flower,salt,onion,dextrose,sodium pyrophosphate

Thursday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, : seasonings and spice; Beef Meatballs: beef, water, seasonings, spices, soy protein concentrate, may contain sesame seeds

Friday:

Roast Turkey: turkey, water, potassium lactate, potato starch, salt, dextrose ,sodium phosphate, carrageenan, sodium diacetate, seasonings and spices

Gravy; veal bones, carrots, celery, onions, tomato paste, flour and seasoning and spices

### **WEEK FOUR**

Monday:

Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, :seasonings and spice; ground beef

Tuesday:

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)

Wednesday:

Chicken, seasoning and spices

Thursday:

Turkey sausage :turkey, seasoning(dextrose salt, spices, potassium chloride, sugar, onion, ground celery, silicon dioxide

Friday:

Fish Sticks: Pollack, water, toasted wheat crumbs, corn starch, flour, modified corn starch, seasonings, baking powder, sodium phosphate, soy sauce powder, guar gum, malt dextrin, colour (caramel, paprika)

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