**2021 WINTER- SPRING INGREDIENT LIST FOR VEGETARIAN (NO MEAT OR FISH) HOT LUNCH ENTREES**

WEEK ONE

Monday:

Beans Stew: may contain beans, chickpea, carrots, onions, celery, seasonal vegetables, teriyaki sauce, seasonings and spices

Yellow Rice Pilaf: Rice, water, margarine, salt, pepper, canola oil, tumuric

Tuesday:

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

Tomato Lentil sauce: crushed tomatoes, tomato paste, water, onions, carrots, celery, seasoning and spices: Lentil

Wednesday:

Minestrone Soup: Vegetable stock (carrots, celery, onion, and seasonal vegetables, mixed beans, lentil, water, tomatoes

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

Cheese submarine

Thursday:

Veggie burger: filtered water, soy protein,onion,sunflower oil,cellulose gum, natural flavor, potato starch,caramel colour,faba bean powder,maca powder,cane sugar,garlic,sea salt,yeast extract,spices,organic (may contain gluten)

Quinoa Pilaf; quinoa, water, salt, white pepper, margarine, canola oil

Friday:

Veggie Balls :filtered water, soy protein,onion,sunflower oil,cellulose gum, natural flavor, potato starch,caramel colour,faba bean powder,maca powder,cane sugar,garlic,sea salt,yeast extract,spices,organic (may contain gluten);BBQ Sauce

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

WEEK TWO

Monday:

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

Ricotta Tomato sauce: crushed tomatoes, tomato paste, water, onions, carrots, celery , peas, seasonings and spices; Ricotta Cheese

Tuesday:

Crestless Quiche; eggs; milk, cheddar cheese, parmesan cheese, seasonings and spices

Quinoa Pilaf; quinoa, water, salt, white pepper, margarine, canola oil

Wednesday:

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

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

Thursday:

Chickpea Stew: may contain chickpea, carrots, onions, celery, seasonal vegetables, teriyaki sauce, seasonings and spices

Spinach Rice : Rice, water, margarine, salt, pepper, canola oil, tomato paste

Friday:

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

Roast Potatoes: Potatoes, seasoning and spices

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

WEEK THREE:

Monday:

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

Tomato Bean sauce: crushed tomatoes, tomato paste, water, onions, carrots, celery, seasoning and spices: Beans

Tuesday:

Lentil Tacos: lentil, carrots, celery, onion, diced tomatoes, seasonings and spices

**Taco shells**: Whole grain corn, canola and/or soybean oil, palm oil, water, calcium hydroxide.

Wednesday:

Crestless Quiche; eggs; milk, cheddar cheese, parmesan cheese, seasonings and spices

Fried Rice Pilaf: Rice, water, margarine, salt, pepper, canola oil, soy sauce

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

Friday:

Veggie burger: filtered water, soy protein,onion,sunflower oil,cellulose gum, natural flavor, potato starch,caramel colour,faba bean powder,maca powder,cane sugar,garlic,sea salt,yeast extract,spices,organic (may contain gluten)

Corn Niblets: Corn, water, salt, margarine

WEEK FOUR

Monday:

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

Tomato Bean sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice: Beans

Tuesday:

Crestless Quiche; eggs; milk, cheddar cheese, parmesan cheese, seasonings and spices

Mashed Potatoes: potatoes, margarine, milk, salt, pepper

Wednesday:

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

Thursday:

Veggie burger: filtered water, soy protein,onion,sunflower oil,cellulose gum, natural flavor, potato starch,caramel colour,faba bean powder,maca powder,cane sugar,garlic,sea salt,yeast extract,spices,organic (may contain gluten)

Rice Pilaf: Rice, water, canola oil, white pepper, salt, margarine

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

Honey mustard Sauce: contain honey, mustard

Friday:

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

Green Peas: green peas, salt, margarine, water

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