

FALL- WINTER INGREDIENT LIST FOR HOT LUNCH ENTREES

WEEK ONE

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)

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

Tuesday:

Red Curry Chicken: chicken breast, water, canola oil/sunflower oil, corn syrup, peppers, onion, carrots, chicken and turkey broth, tomatoes, coconut milk , seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Salad 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) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Multigrain Pollack: pollock fillets, toasted wheat crumbs, water, corn starch, canola oil, wheat flour, rye flakes, quinoa, rolled oats, hulled millets, corn flour, sugar beet fibre, salt, flavour, onion powder, garlic powder, sugar, baking powder, spices. may contain soy.(EGG, DAIRY FREE)

Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, carrots, peppers, onions, corn, seasonings and spices (EGG, DAIRY FREE)

Thursday:

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)

Beef Cacciatore: beef, peppers, onion, carrots, mushrooms, tomato sauce 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, Mustard) (EGG, DAIRY FREE)

Yellow Rice: rice, salt, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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)

Tuscan Chicken: chicken, peppers, onion, carrots, spinach, tomato sauce, cream, chicken and turkey broth, seasoning and spices (GLUTEN, EGG FREE)

Tuesday:

Sole filets : Sole filets, Canola oil, Toasted wheat crumbs, Water, Wheat flour, Corn starch, Yellow corn flour, Flavour, Salt, Baking powder, Sugar, Citric acid, Spices (EGG, DAIRY FREE)

Rice Pilaf: rice, water, salt, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Tartar Sauce: mayonnaise (egg, lemon juice, mustard, vinegar, canola, sunflower oil) relish, seasoning and spices (GLUTEN, DAIRY FREE)

Wednesday:

Chicken Breast Burger: Chicken breast meat, Water, Toasted wheat crumbs, Soy protein isolate, Salt, Spices, Garlic powder, Onion powder. In a batter and breading of: Toasted wheat crumbs with spice extractives, Water, Wheat flour, Modified corn starch, Baking powder, Canola oil, Salt, Modified Palm oil , Soy protein isolate, Methylcellulose, Annatto extractives, Spice extractives. May contain: Egg (DAIRY FREE)

Oven Fries: Potatoes, Soybean and/or Canola Oil, Wheat Flour, Rice Flour, Yellow Corn Meal, Salt, Modified Corn Starch,

Garlic Powder, Onion Powder, Spices, Flavor (Contains Autolyzed Yeast Extract, Dried Torula Yeast, Thiamine

Hydrochloride, Corn Syrup Solids), Dehydrated Parsley, Guar Gum, Sodium Acid Pyrophosphate, Dextrose (EGG, DAIRY FREE)

Thursday:

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: ricotta cheese, tomato sauce (Tomatoes, onions, garlic, seasoning and spices)(GLUTEN, EGG FREE)

Friday:

Teriyaki Beef: beef, peppers, onion, carrots, teriyaki sauce, seasoning and spices (EGG, DAIRY FREE)

Cabbage Rice: rice, margarine (soy), salt, canola oil, cabbage, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Salad 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) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (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) OR

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

Swedish Chicken Meatballs: Chicken thigh meat, Water, Parmesan cheese, dextrose, dehydrated onion, dehydrated red and green bell peppers, spices, garlic powder, parsley, spice extracts, Toasted wheat crumbs, Textured soy flour, Soy protein concentrate, Salt, cream, milk, canola/sunflower oil, corn starch, seasoning and spices) (May contain: Eggs)

Tuesday:

Turkey Noodle Soup: chicken/turkey stock , water, carrot, onion, celery, canola/sunflower oil, turkey, corn,(noodles) durum 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, milk) (GLUTEN FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Wednesday:

Haddock Fish Nuggets: Haddock fillets, 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 (colour). (EGG FREE)

Rice Pilaf: rice, water, salt, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Thursday:

Beef Lasagna: Beef, tomato sauce, water, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices

Salad 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) OR canola/soya oil, water, white vinegar, extra virgin olive oil, sugar, glucose, salt, spices, lemon juice, dehydrated garlic, mustard flour, xanthan gum, onion powder, red bell pepper, potassium Sorbate, sodium benzoate, spice extract, rice vinegar (GLUTEN, EGG, DAIRY FREE)

FRIDAY:

Chicken Breast Sausage: Chicken breast, water, brown rice crumb, sea salt, onion powder, garlic powder, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Oven Roast Potato Bites: Potatoes, Vegetable oil (soybean oil and/or canola oil), Salt, Yellow corn flour, dehydrated potatoes, Dextrose, Spice extractive, Sodium acid pyrophosphate (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

Chicken Stirfry: chicken breast, peppers, onion, carrots, chicken, turkey broth, teriyaki sauce, seasoning and spices (EGG, DAIRY FREE)

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

Tuesday:

Haddock fillets: Haddock filets, Wheat flour, Canola oil, Water, Corn starch, Yellow corn flour, Defatted soy flour, Sugars (sugar, corn maltodextrin), Salt, Modified palm oil, Whey powder (milk), Sodium bicarbonate, Sodium aluminum phosphate, Spices, Guar gum, Natural flavour, Sunflower oil, Yeast, Spice extracts, Onion powder. Allergens: Haddock, Wheat, Soy, Milk (EGG FREE)

Quinoa: quinoa, water, salt, margarine (soy), canola oil, seasoning and spices (EGG, DAIRY FREE)

Wednesday:

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)

Beef 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)

Thursday:

Chicken Breast Nuggets: chicken breast meat, water, toasted wheat crumbs, soy protein isolate, salt, spices, garlic powder, Onion powder. In a batter and breading of toasted wheat crumbs with spice extractives, water, wheat flour, modified Corn starch, baking powder, canola oil, salt, modified palm oil, soy protein isolate, methylcellulose, annatto extractives, Spice extractives. May contain: egg. (DAIRY FREE)

Fried Rice: rice, water, margarine (soy), canola oil, soy sauce, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

Sloppy Joes: ground beef, tomatoes, onion, pepper, garlic, chili sauce, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

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