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

WEEK ONE

Monday:

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

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

Cheese Sauce: milk, cream, cheddar cheese, ricotta cheese, flour, seasoning and spices

Tuesday:

Beans Stew: beans, seasonal vegetables, teriyaki sauce, seasonings and spices

Rice Pilaf: rice, water, salt, margarine (soy), canola oil

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 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

Wednesday:

Spinach Quiche; eggs, cheddar cheese, spinach, seasonings and spices

Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, seasonal vegetables, seasonings and spices

Thursday:

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

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

Beans in Tomato sauce: beans, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Friday:

Veggie nuggets (water, textured soy protein, canola oil, textured wheat protein, wheat gluten, natural flavours, modified cellulose, soy protein, spices, yeast extract, salt, vitamin and mineral blend), breading (toasted whole wheat crumbs), canola oil, batter (unbleached wheat flour, corn starch, corn flour, sea salt, canola oil, baking powder, guar gum). Contains: soy, wheat, mustard.

Roast potatoes: potatoes, canola oil, seasoning and spices

WEEK TWO

Monday:

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

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

Chickpea and Spinach in Tomato sauce: chickpea, spinach, Tomatoes, onions, garlic, seasoning and spices

Tuesday:

Pepper and Feta Quiche: eggs, cheddar and feta cheese, peppers, onion, seasonings and spices

Rice and Peas: rice, salt, margarine (soy), canola oil, peas, seasoning and spices

Wednesday:

Veggie Burger: cooked black beans, cooked brown rice, water, vegetables (onion and corn), expeller pressed canola oil, roasted vegetables (corn, red and green bell peppers), soy protein concentrate, tomato paste, potato starch, organic cane sugar, methylcellulose, sea salt, yeast extract, onion powder, spices, garlic powder, black bean powder, instant coffee, natural flavours (from plant sources), tomato powder, citric acid, lactic acid, molasses

OR: filtered water, soy protein concentrate, onion, sunflower oil, canola oil, modified cellulose, potato starch, natural flavour, caramel colour, dried garlic, yeast extract, sugar, onion powder, salt, spice

 OR Water, soy protein, canola oil, ketchup, onion, methylcellulose, wheat gluten, garlic, salt, yeast extract, sugar, spices, flavor, caramel color, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin

Hash Brown: potatoes, vegetable oil (canola oil and/or sunflower oil and/or cotton seeds oil, and /or soy bean oil and /or corn oil), dehydrate onion, corn starch, sodium phosphate, dextrose

Burger Sauce: mayonnaise (egg), canola/sunflower oil, lemon juice, ketchup, relish, seasoning and spices

Thursday:

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

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

Ricotta Tomato Sauce: ricotta cheese, tomato sauce (Tomatoes, onions, garlic, seasoning and spices)

Friday:

Curried Tofu with Vegetables: tofu, seasonal vegetables, coconut milk, seasoning and spices

Fried Rice: rice, soy sauce, margarine (soy), canola oil, 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 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

WEEK THREE:

Monday:

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

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

Chickpea in Tomato sauce: chickpea, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Tuesday:

Veggie Burger: cooked black beans, cooked brown rice, water, vegetables (onion and corn), expeller pressed canola oil, roasted vegetables (corn, red and green bell peppers), soy protein concentrate, tomato paste, potato starch, organic cane sugar, methylcellulose, sea salt, yeast extract, onion powder, spices, garlic powder, black bean powder, instant coffee, natural flavours (from plant sources), tomato powder, citric acid, lactic acid, molasses

OR: filtered water, soy protein concentrate, onion, sunflower oil, canola oil, modified cellulose, potato starch, natural flavour, caramel colour, dried garlic, yeast extract, sugar, onion powder, salt, spice

 OR Water, soy protein, canola oil, ketchup, onion, methylcellulose, wheat gluten, garlic, salt, yeast extract, sugar, spices, flavor, caramel color, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin

Rice Pilaf: rice, water, salt, margarine (soy), canola oil

Wednesday:

Minestrone Soup: Vegetable stock (carrots, celery, onion, cabbage and seasonal vegetables, lentil, tomatoes, Pasta: (durum wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate)

Cheese submarine

Thursday:

Ricotta Spinach Lasagna: pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, tomato sauce, spinach, 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 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

Friday:

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

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

Primavera Sauce: chickpea, bean, seasonal vegetables, tomato sauce (tomatoes, onion, garlic) seasoning and spices

WEEK FOUR

Monday:

Beans and Tofu Stirfry: beans, tofu, seasonal vegetables, teriyaki sauce, seasonings and spices

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

Tuesday:

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

Quinoa: quinoa, water, salt, margarine (soy), canola/sunflower oil, seasoning and spices

Wednesday:

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

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

Lentil Bolognese: lentil, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Thursday:

Chickpea Chowder: Chickpea, potatoes, seasonal vegetables, coconut milk, vegetable stock, seasoning and spices

Spinach Rice: rice, water, salt, margarine (soy), canola oil, spinach, seasoning and spices

Friday:

Veggie Burger: cooked black beans, cooked brown rice, water, vegetables (onion and corn), expeller pressed canola oil, roasted vegetables (corn, red and green bell peppers), soy protein concentrate, tomato paste, potato starch, organic cane sugar, methylcellulose, sea salt, yeast extract, onion powder, spices, garlic powder, black bean powder, instant coffee, natural flavours (from plant sources), tomato powder, citric acid, lactic acid, molasses

OR: filtered water, soy protein concentrate, onion, sunflower oil, canola oil, modified cellulose, potato starch, natural flavour, caramel colour, dried garlic, yeast extract, sugar, onion powder, salt, spice

 OR Water, soy protein, canola oil, ketchup, onion, methylcellulose, wheat gluten, garlic, salt, yeast extract, sugar, spices, flavor, caramel color, parsley, potassium chloride, maltodextrin, magnesium oxide, ferric orthophosphate, niacinamide, zinc oxide, cyanocobalamin, d-calcium pantothenate, copper gluconate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin

Corn Niblets: Corn, water, salt, margarine (soy)

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