



FALL-WINTER 2023/2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Whole Wheat or Vegetable Pasta Cheese Sauce Cucumber and Carrot Sticks Whole Wheat Villaggio Bread Fresh Fruit	Haddock Crunchy Rice Pilaf Ketchup Asparagus and Baby Corn Whole Wheat Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Beef Meatballs in Tomato Sauce Parmesan Cheese Green and Yellow Beans Olive Bread Fresh Fruit	Chicken Breast Strips Fried Rice Ketchup Baby Carrots Dinner Rolls Fresh Fruit	Beef Sloppy Joes Mixed Green Salad Dressing Hamburger Bun Fresh Fruit
PM SNACK	No Nut Butter Brioche Bun Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Gold Fish Crackers Raisins	Apple Sauce Whole Wheat Multigrain Crackers	Banana Coconut Loaf Fresh Fruits

Transfat Free Lunch Prepared by M. Halpert Catering Limited 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 daily

2% Milk for JK and SK on school breaks when hot lunch provided

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



	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Chicken Ricotta Meatballs Whole Wheat or Vegetable Pasta Pepper and Cucumber Sticks Whole Wheat Bread Fresh Fruit	Breaded Alaskan Pollack Saffron Rice Baby carrots, Ketchup Corn Bread Fresh Fruit	Chicken Burger Tri Colour Quinoa Burger Sauce Asparagus and Tomato Wedge Hamburger Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Turkey in Tomato Spinach Sauce Cauliflower Floret and Green Beans Parmesan Cheese Garlic Bun Fresh Fruit	Beef Hotdog Roast Potatoes Ketchup Broccoli Floret and Celery Sticks Hotdog Bun Fresh Fruit
PM SNACK	Chocolate Marble Loaf Fresh Fruit	Cream Cheese Whole Wheat Bagel Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Oatmeal Raisin Cookies Fresh Fruit	No Nut Butter Raisin Bread Fresh Fruit

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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

2% Milk for JK and SK on school breaks when hot lunch provided



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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Chicken and Coconut Rice Casserole Pepper and Cucumber Sticks Whole Wheat Italian Bread Fresh Fruit	Whole Wheat or Vegetable Pasta Roasted Red Pepper Turkey Bolognese Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit	Chicken, Carrots and Sweet Corn Soup Salami, Chicken and Cheese Submarine Cauliflower and Celery Sticks Sausage Bun, Mustard Fresh Fruit	Beef Lasagna Green salad , Dressing Garlic Bread Fresh Fruit	Fish Sticks Mexican Rice Ketchup Cucumber and Pepper Sticks Whole Wheat Flat Bread Fresh Fruit
PM SNACK	Apple Strawberry Sauce Rice Cakes	Gold Fish Crackers Raisins	Morning Glory Loaf Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Sour Cream Honey Banana Rollup

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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

2% Milk for JK and SK on school breaks when hot lunch provided



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

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK *	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit	Cereal 2% Milk Fresh Fruit
LUNCH	Spinach Ricotta Manicotti With Tomato Basil Sauce Carrot and Cucumber Sticks Whole Wheat Bread Fresh Fruit	Cod Nuggets Couscous, Ketchup Baby Corn Onion Roll Fresh Fruit	Whole Wheat or Vegetable Pasta Meat Sauce Parmesan Cheese Green and Yellow Beans Garlic Bread Fresh Fruit	Curry Chicken Rice Pilaf Broccoli Floret and Tomato Wedge Multigrain Bun Fresh Fruit	Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Hamburger Bun Fresh Fruit
PM SNACK	Zucchini Carrot Loaf Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	No Nut Butter Pull Apart Bun Fresh Fruit	Nachos Cheese Salsa	Apple Raisin Cinnamon Loaf Fresh Fruits

Transfat Free Lunch Prepared by M. Halpert Catering Limited 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

2% Milk for JK and SK on school breaks when hot lunch provided

FALL – WINTER 2023/2024 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)

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

Tuesday:

Haddock Crunchy: haddock fillets, water, toasted wheat crumbs, flour (wheat, corn, soy), vegetable oil (canola, soya), modified corn starch, corn starch, sugar, salt, seasonings (onion, yeast extract, spices, garlic, soy sauce powder), baking powder, sodium phosphate (to retain moisture), guar flour, paprika, caramel (colour). Contains: haddock (fish), wheat, soy. (EGG, DAIRY FREE)

Rice Pilaf: Rice, salt, margarine (soy), water, canola/sunflower oil (GLUTEN, 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)

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 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, soy, Mustard) (EGG, DAIRY FREE)

Fried Rice: Rice, soy sauce, margarine (soy), water, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Friday:

Beef Sloppy Joes: Ground beef, diced tomatoes, chili sauce, onion, celery, carrots, 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)

November 20, 2023

* Update November 28,2023

WEEK TWO

Monday:

Chicken Ricotta Meatballs: Chicken thigh meat, Water, Seasoning (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, tomatoes, ricotta cheese, onions, garlic, seasoning and spices) Contains: Soy, Wheat and Dairy. (May contain: Eggs)

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)

Tuesday:

Breaded Alaskan Pollack: Pollock, Water, Toasted wheat crumbs, Modified corn starch, Canola oil, Seasonings (onion, garlic, spices), Corn flour, Sugar, Sodium phosphate (to retain moisture), Salt, Guar flour. Contains: Pollock (fish), Wheat. (EGG, DAIRY FREE)

Saffron Rice: Rice, saffron, turmeric, salt, margarine (soy), water, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

Wednesday:

* Chicken 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)

Tri Colour Quinoa: tri colour quinoa, water, salt, margarine (soy), canola/sunflower oil, seasoning and spices (EGG, DAIRY FREE)

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

Turkey in Tomato spinach Sauce: Turkey, spinach, tomato sauce, (tomatoes, onions, garlic, seasoning and spices) (GLUTEN, EGG, DAIRY FREE)

Friday:

Beef Hotdog: 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, canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK THREE

Monday:

Chicken and Coconut Rice Casserole: chicken, Rice, canola/sunflower oil, margarine (soy), water, carrots, corn, peas, beans, onions, peppers, tomatoes, coconut milk, seasoning and spices (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)

Roasted Red Pepper Turkey Bolognese: Turkey, roasted pepper, tomato sauce, (tomatoes, onions, garlic, seasoning and spices)
(GLUTEN, EGG, DAIRY FREE)

Wednesday:

Chicken , Carrot and Sweet Corn Soup: chicken stock made from chicken bones, water, carrot, onion, celery, canola/sunflower oil, chicken, corn, 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)

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:

Fish sticks: (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)

Mexican Rice: rice, water, tomato, green peas, salt, margarine (soy), canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

Spinach Ricotta Manicotti: ricotta cheese (whey, milk, bacterial culture, salt, citric acid), toasted wheat crumbs (wheat flour, yeast), romano cheese (milk, bacterial culture, salt, microbial enzyme, lipase), parmesan cheese (milk, bacterial culture, salt, lipase, microbial enzyme), spinach, salt, spices. Pasta: enriched durum wheat semolina (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, liquid whole egg, tomatoes, onion, garlic, seasoning and spices

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)(GLUTEN,EGG,DAIRY FREE)

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

Meat Sauce: ground beef, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Thursday:

Curry Chicken: Chicken, sweet potatoes, green peas, peppers, coconut milk, water, corn starch, seasoning and spices
(GLUTEN, EGG, DAIRY FREE)

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

Friday:

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)

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