

WINTER/SPRING 2021

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 *	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
LUNCH	Masala Chicken Drums Yellow Rice Pepper and Cucumber Sticks Double Flax See Bread Fresh Fruit	Whole Wheat Pasta Tomato Meat Sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit	Chicken Noodle Soup Chicken, Salami and Cheese Submarine Cauliflower Floret and Celery Sticks Sausage Bun, Mustard Fresh Fruit	Haddock Fish Fillet Quinoa Pilaf Ketchup Broccoli Floret and Pepper Sticks Whole Wheat Pita Fresh Fruit	Meatballs With Gravy Mashed Potatoes Green Beans Whole Wheat Bread Fresh Fruit
PM SNACK	Yogurt Bran Cookies Fresh Fruit	Carrot Coconut Loaf Fresh Fruit	Mixed Berry Squares Fresh Fruit	Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit	*Tuna Salad Whole Wheat Bagel Fresh Fruit *Room 207A – Cream Cheese

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.

<u>Staff record the fruit served and records are maintained for 3O days.</u>

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal



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 *	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
LUNCH	Vegetable Pasta Ricotta Tomato Sauce Parmesan Cheese Cucumber and Carrot Sticks Whole Wheat Bun Fresh Fruit	Crispy Alaskan Pollack Quinoa Pilaf Ketchup Baby Corn Rye Bread Fresh Fruit	Beef Lasagna Caesar Salad Caesar Dressing Double Flax Seed Bread Fresh Fruit	Coconut Curry Chicken Spanish Rice Asparagus Whole Wheat Pita Fresh Fruit	Beef Kielbasa Roast Potatoes Ketchup Coleslaw, Dressing Sausage Bun Fresh Fruit
PM SNACK	Apple Sauce Rice Cakes	Bran Raisin Muffin Fresh Fruit	No Nut Butter Whole Wheat Bagels	Corn Chips Cheese Salsa	Yogurt Granola Bars Fresh Fruit

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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



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 *	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
LUNCH	Whole Wheat Pasta Braised Chicken with Roast Pepper and Olives Parmesan Cheese Baby Carrots Whole Wheat Bread Fresh Fruit	Beef Tacos Lettuce, Cheese Sour Cream Taco Shells Fresh Fruit	Cod Fish Sticks Fried Rice Ketchup Cauliflower Floret and Pepper Sticks Whole Wheat Italian Bread Fresh Fruit	Vegetable Lasagna Green Salad Dressing Whole Wheat Bun Fresh Fruit	All Beef Hamburger Corn Niblets Sliced Cheddar Ketchup Whole Wheat Burger Bun Fresh Fruit
PM SNACK	No Nut Butter Whole Wheat English Muffin Fresh Fruit	Mixed Berry Muffin Fresh Fruit	Nachos Cheese Salsa	* Egg Salad Whole Wheat Mini Pita Fresh Fruit * Rooms 107 & 207A – Cream Cheese	Whole Wheat Goldfish Raisins

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

<u>Staff record the fruit served and records are maintained for 30 days.</u>

Vegetarian alternative available daily

Veggie sticks & Bread change without notice based on availability

Water available at every meal



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 *	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
LUNCH	Whole Wheat Pasta Meatballs with Tomato Sauce Parmesan Cheese Pepper and Cucumber Sticks Rye Bread Fresh Fruit	Paprika Chicken Drums Mashed Potatoes Baby Carrots Whole Wheat Pita Fresh Fruit	Beef Cannelloni Green Beans Whole Wheat Bun Fresh Fruit	Chicken Breast Strips Rice Pilaf Greek Salad, Dressing, Feta Cheese, Honey Mustard Sauce Double Flax Seed Bread Fresh Fruit	Alaskan Pollack Fillet Green Peas Ketchup Whole Wheat Bun Fresh Fruit
PM SNACK	Apple Sauce Rice Cakes	Banana Chocolate Loaf Fresh Fruit	Ricotta Cream Cheese Whole Wheat Bagel Fresh Fruit	Carrot Muffin Fresh Fruit	Chickpea Dip Whole Wheat Multigrain Crackers Veggie Sticks

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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

January 4, 2021

2021 WINTER - SPRING INGREDIENT LIST FOR HOT LUNCH ENTREES – Updated March 3, 2021

WEEK ONE

Monday:

Masala Chicken Drums: chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Yellow Rice: Rice, water, canola oil, margarine, white pepper, salt, tumuric (GLUTEN, EGG, DAIRY FREE)

Tuesday:

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

Meat sauce::Ground beef, crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

Soup: chicken stock made from chicken bones, water, carrot, onion, celery, seasonings and spices; (GLUTEN, EGG, DAIRY FREE)

Noodles:; durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG,DAIRY FREE)

Salami: beef, water, potato or tapioca starch, salt, glucose, dextrose, spices, sodium erythorbate, sodium nitrite :(GLUTEN, EGG, DAIRY FREE)

Chicken: chicken, water, Sugar(glucose, dextrose)salt,soy,potassium lactate, sodium phosphate, soy flovour,chicken broth, modified potato starch and/or corn starch ,sodium diacetate, carrageenan,smoke flovour,Hydrolyzed plant protein, spices extractives, Extractives of garlic and onion, corn starch, Maltodextrin,Tomato powder,Dehydraterd red bell pepper(; may contain Egg, Milk)
(GLUTEN FREE):

Cheddar cheese: (GLUTEN, EGG FREE)

Thursday:

Haddock Fish Fillet:

Haddock fish fillet, toasted wheat crumbs,water,starch(corn),flour(corn,wheat,soy)modified starch(corn)sugar,salt,baking powder, sodium phosphate, seasonings(spices,garlic,onion)guar gum, soy sauce powder(wheat)malt dextrin(corn),colour (caramel paprika) canola oil (EGG,DAIRY FREE)

Quinoa Pilaf: Quinoa, water, canola oil, white pepper, salt, margarine, may contain gluten (EGG, DAIRY FREE)

Friday:

Beef Meatballs: 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).(EGG,DAIRY FREE)

Demi glace sauce (Gravy): water, veal bones, carrot, celery, onions, tomato paste seasonings and spices, flour. (EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

WEEK TWO

Monday:

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

Ricotta Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, and celery, Ricotta Cheese: seasonings and spice (GLUTEN, EGG FREE)

Tuesday:
Crispy Alaskan Pollack Fillet: Pollack fillet, water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder, sugar, salt, spice extractive, guar gum, (may contain soy) (DAIRY, EGG FREE)
Quinoa Pilaf: Quinoa, water, canola oil, white pepper, salt, margarine, may contain gluten (EGG, DAIRY FREE)

Wednesday:
All Beef Lasagna: Ground Beef, Tomato sauce, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices.
Cesar Salad Dressing; egg, canola oil, mustard, vinegar, parmesan cheese, salt, pepper, lemon juice (GLUTEN FREE)

Thursday:
Coconut Curry Chicken: Chicken, seasoning and spices (GLUTEN, EGG, DAIRY FREE)
Spanish Rice: Rice, water, canola oil, white pepper, salt, margarine, tomato paste(GLUTEN,EGG,DAIRY FREE)

Friday:
Beef Kielbasa: Beef,,water,potato starch,sugar,salt,spices,corn syrupsolids,sodium phosphate,dextrose,sodium erythorbate,smoke flover,sodium nitrite(GLUTEN,EGG,DAIRY FREE)
Roast Potatoes: Potatoes , seasoning and spices (GLUTEN, EGG, DAIRY FREE)
Coleslaw Dressing: Balsamic vinegar, rice vinegar, canola and soy bean oil, mustard, lemon juice seasoning and spices (GLUTEN, EGG, DAIRY FREE)

WEEK THREE
Monday:
Pasta: durum whole wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate; (EGG, DAIRY FREE)
Braised Chicken with roast pepper, olives: Chicken, roast pepper, olives, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Tuesday:
Beef Tacos: Ground beef, diced tomatoes, onion, celery, carrots, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Taco shells:Whole grain corn, canola and/or soybean oil, palm oil, water, calcium hydroxide(Gluten,egg,dairy free)

Wednesday:
Cod Fish sticks: Cod/ Alaskan fish , water, toasted wheat crumbs, canola oil, whole grain wheat flour, corn starch, yellow corn flour, baking powder,sugar,salt, spice extractive, guar gum, (may contain soy) (DAIRY, EGG FREE)
Fried Rice:Rice,water,canola oil, white pepper,salt,margarine,soy sauce(GLUTEN,EGG,DAIRY FREE)

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 (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 (GLUTEN, EGG, DAIRY FREE)

WEEK FOUR

Monday:

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

Beef Meatballs: 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). Tomato sauce: crushed tomatoes, tomato paste, water, onion, carrot, celery, seasonings and spice: (EGG,DAIRY FREE)

Tuesday:

Paprika Chicken Drums: chicken drums, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine, milk, salt, pepper (GLUTEN, EGG FREE)

Wednesday:

Beef Cannelloni: Drum wheat semolina, water, eggs,
ground beef, tomato, cheese(mozzarella,romano,parmesan)wheat crumbs,onion,canola oil, garlic salt,spices,sugar,citric acid

Thursday:

Chicken breast Strips: 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)

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

Salad Dressing: Balsamic vinegar, canola and soy bean oil, mustard, lemon juice seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Honey mustard Sauce: contain honey, mustard (gluten, egg, dairy free)

Friday:

Pollack Fish Fillet: Pollack fish fillet, toasted wheat crumbs(soy),modified corn starch, seasoning(onion,garlic,spices,corn flour,salt,sodium phosphate,sugar,guar gum,colour(caramel paprika)vegetable oil(canola/sunflower seed)

Green Peas: green peas, salt, margarine, water (GLUTEN, EGG, DAIRY FREE)

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