



FALL-WINTER 2024-2025

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 Crisp Bread Fresh Fruit	Red Curry Chicken Lentil Curry Buriyani Rice Mixed Green Salad, Dressing Garlic Bun Fresh Fruit	Multigrain Pollack Zucchini Egg Pie Couscous Ketchup Asparagus and Baby Corn Whole Wheat Bread Fresh Fruit	Whole Wheat or Vegetable Pasta Beef Cacciatore Chickpea Cacciatore Parmesan Cheese Baby Carrots Whole Wheat Villaggio Bread Fresh Fruit	Chicken Breast Strips Veggie Nuggets Yellow Rice Ketchup Celery Stick and Cauliflower Floret Whole Wheat Bun Fresh Fruit
PM SNACK	Wow Butter Cinnamon Raisin Bagel	Apple Cinnamon Pie Fresh Fruits	Ritz Crackers Cheesestrings	Apple Berry Sauce Rice Cakes	Cranberry Orange 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, strawberries and honeydew melons.

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

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	Whole Wheat or Vegetable Pasta Tuscan Chicken Tofu Spinach Stirfry Parmesan Cheese Pepper and Cucumber Sticks Marble Bread Fresh Fruit	Sole Fillet Pepper and Feta Quiche Rice Pilaf Tartar Sauce Baby Carrots Multigrain Bun Fresh Fruit	Chicken Breast Burger Vegetarian Burger Oven Fries Ketchup Broccoli Floret and Tomato Wedge Hamburger Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Ricotta Tomato Sauce Parmesan Cheese Green and Yellow Beans Whole Wheat Bread Fresh Fruit	Teriyaki Beef Vegetable Medley Cabbage Rice Green Salad, Dressing Pull Apart Bun Fresh Fruit
PM SNACK	Soft Cheese Whole Wheat Bagel	Pumpkin Date Loaf Fresh Fruits	Gold Fish Crackers Raisins	Oatmeal Raisin Cookies Fresh Fruits	Wow Butter Raisin Bread

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

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

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	Whole Wheat or Vegetable Pasta Swedish Chicken Meatballs Chickpea in Tomato sauce Pepper and Cucumber Sticks Garlic Bread Ancient Grain Bread Fresh Fruit	Turkey Noodle Soup Salami, Chicken and Cheese Submarine Lentil Spinach Soup Cheese Submarine Baby Carrots Sausage Bun, Mustard Fresh Fruit	Haddock Fish Nuggets Vegetarian Burger Rice Pilaf Ketchup Cauliflower Floret and Green Bean Whole Wheat Flat Bread Fresh Fruit	Beef Lasagna Ricotta Spinach Lasagna Mixed Green salad, Dressing Crisp Bread Fresh Fruit	Chicken Breast Sausage Vegetarian Hotdog Oven Roasted Potato Bites Ketchup Asparagus and Celery Stick Sausage Bun Fresh Fruit
PM SNACK	Pretzel Apple Sauce	Mini Croissant Wow Butter	Granola Bars Fresh Fruits	Yogurt Apple Cinnamon Pie	Blueberry Muffin Fresh Fruit

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

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

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	Chicken Stirfry Chickpea Stirfry Rice Pilaf Cucumber and Pepper Sticks Pumpnickel Bun Fresh Fruit	Haddock Fillet Potato Pea Patty Quinoa Ketchup Carrot and Celery Sticks Whole Wheat Bread Fresh Fruit	Whole Wheat or Vegetable Pasta Beef Meatballs in Tomato Sauce Lentil Bolognese Sauce Parmesan Cheese Green and Yellow Beans Muesli Bread Fresh Fruit	Chicken Breast Nuggets Veggie Nuggets Fried Rice Ketchup Broccoli Floret and Tomato Wedge Garlic Flat Bread Fresh Fruit	Beef Sloppy Joes Lentil Sloppy Joes Corn Niblets Green Salad, Dressing Hamburger Bun Fresh Fruit
PM SNACK	Soft Cheese Multigrain Bagel	Goldfish Fresh Fruits	Apple Croissant Fresh Fruits	Nachos Cheese Salsa	Crispbread Cheesestrings

Transfat Free Lunch Prepared by M. Halpert Catering Limited www.halpertcatering.com

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

Staff record the fruit served and records are maintained for 30 days.

Full vegetarian menu available upon request

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 INGREDIENT LIST FOR HOT LUNCH ENTREES – October 15, 2024 (vegetarian ingredients to follow)

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 fillets : Sole fillets, 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.

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

October 15/24

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:

Lentil Curry: lentil, seasonal vegetables, tomatoes, vegetable stock

Buriyani Rice: rice, water, salt, margarine (soy), canola oil, sunflower oil, raisins, cinnamon, 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

Wednesday:

Zucchini Egg Pie: zucchini, eggs, milk, cheddar cheese, seasonings and spices

Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, peppers, onion, carrots, corn, 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

Chickpea Cacciatore: chickpea, peppers, onion, carrots, tomato sauce 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.

Yellow Rice: rice, salt, margarine (soy), 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.

Tofu Spinach Stirfry: tofu, spinach, seasonal vegetables, teriyaki sauce, seasonings and spices

Tuesday:

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

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

Tartar Sauce: mayonnaise (egg, lemon juice, mustard, vinegar, canola, sunflower oil) relish, 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

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

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:

Vegetable Medley: seasonable vegetables, seasoning and spices

Cabbage Rice: rice, margarine (soy), salt, canola oil, cabbage, 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:

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

Cheese submarine

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

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

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:

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

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

WEEK FOUR

Monday:

Chickpea Stirfry: chickpea, seasonal vegetables, teriyaki sauce, seasonings and spices

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

Tuesday:

Potato Pea Patty: potatoes, green peas, carrots, beans, paneer, garlic powder, sunflower oil, pepper, oregano, potato flakes, salt, water, bread crumbs, wheat flour, corn starch(contain wheat , milk)

Quinoa: quinoa, water, salt, margarine (soy), canola 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 Sauce: lentil, tomato sauce (tomatoes, onion, garlic) seasoning and spices

Thursday:

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.

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

Friday:

Lentil Sloppy Joes: lentil, carrots, pepper, onions, tomatoes, seasoning and spices

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

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

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