

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:

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)

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

Wednesday:

Potato Crust Blue Cod: blue cod, water, modified corn starch, toasted wheat crumbs, potatoes, canola oil, flour (corn, wheat)seasoning(disodium inosinate, disodium guanylate, yeast extract, garlic, onion, torula yeast, chives, spices) salt, sodium phosphate, flavour, cheddar cheese, dextrose(sugar), barley, milk ingredients (EGG FREE)

Couscous with Roasted Carrots: Couscous, water, salt, margarine (soy), canola/sunflower oil, carrots, seasonings and spices (EGG, DAIRY FREE)

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

Thursday:

Beef Meatballs Cacciatore: 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)

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)

Friday:

Mushroom Chicken: chicken breast, mushrooms, pepper, onion, milk, cream, chicken and turkey broth, seasoning and spices (GLUTEN, EGG FREE)

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

Monday:

Chicken Cacciatore: chicken, peppers, onion, carrots, tomatoes, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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:

Beef and Beans Stirfry: beef, beans, peppers, onion, carrots, soy sauce, teriyaki sauce, seasoning and spices (EGG, DAIRY FREE)

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

Chicken Breast Chunk: Chicken breast, Water, Soybean oil, Enriched wheat flour, Modified tapioca starch, Modified corn starch, Salt, Sugars (dextrose, sugar), Rice flour, Potato starch, Palm oil shortening, Autolyzed yeast extract, Spices, Garlic powder, Onion powder, Sodium acid pyrophosphate, Sodium bicarbonate, Monocalcium phosphate, Paprika extract, Black pepper extract, Palm oil, Yeast, Soy flour, Rosemary extract.(EGG, DAIRY FREE)

Roast Potatoes : potatoes, vegetable oil (soybean oil and/or canola oil), flour, yellow corn meal, salt, modified corn starch, garlic powder, onion powder, Spices, Flavour (autolyzed yeast extract) dehydrated parsley, guar gum ,sugars (dextrose) sodium phosphate (to help retain colour) (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:

Crispy Pollack: pollock fillets, toasted wheat crumbs, canola oil, whole grain wheat flour, modified corn starch, water, sugar, baking powder, spice extracts, spices, salt, natural flavour(EGG, DAIRY FREE)

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

WEEK THREE

Monday:

Chicken Meatballs in Rose Sauce: 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, tomatoes, canola/ sunflower oil, corn starch, seasoning and spices)(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:

Turkey and Vegetable Soup: chicken/turkey stock , water, carrot, onion, peppers, celery, corn, canola/sunflower oil, turkey,(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, salt, Sugars (corn syrup solids), Modified corn starch, flavour, (soy protein isolate, spice extracts) hydrolyzed corn protein, triphosphates (GLUTEN, EGG, DAIRY FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Wednesday:

Chili Chicken: chicken breast, pepper, onion, chili sauce, soy sauce, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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

Thursday:

Beef Lasagna: Beef (Halal), 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 Pollack Burger: Pollock, Toasted wheat crumbs, Canola oil, Water, Modified corn starch, Flour (corn, wheat, soy), Sugar, Baking powder, Modified palm oil, Guar flour, Spices(EGG, DAIRY FREE)

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

WEEK FOUR

Monday:

Beef Bolognese: Beef (Halal), water, Tomatoes, onions, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

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:

Fish Sticks: Pollock, Toasted wheat crumbs, Water, Canola oil, Modified corn starch, Flour (corn, wheat, soy), Sugars (sugar, dextrose), Baking powder, Modified palm oil, Sodium phosphate (to retain moisture), Guar flour, Spices (EGG, DAIRY FREE)

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

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

Thursday:

Beef Tacos: beef (Halal), water, tomatoes, carrots, pepper, onion, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Friday:

Chicken Kafta with Feta and Spinach: chicken breast, feta cheese, spinach, water, gluten free bread crumbs, Sea salt, onion powder, garlic powder, spices (GLUTEN, EGG FREE)

Roast Potatoes with Bell Peppers: potatoes, bell peppers, onion, vegetable oil (soybean oil and/or canola oil), flour, yellow corn meal, salt, modified corn starch, garlic powder, onion powder, Spices, Flavour (autolyzed yeast extract) dehydrated parsley, guar gum, sugars (dextrose) sodium phosphate (to help retain colour) (EGG, DAIRY FREE)

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