



SPRING-SUMMER 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 Pepper and Cucumber Sticks Whole Wheat Bun Fresh Fruit	Chicken Breast Nuggets Veggie Nuggets Rice Pilaf Ketchup Baby Carrots Whole Wheat Bread Fresh Fruit	Fish Pollack Burger Cabbage Omelet Moroccan Couscous Tartar Sauce Green Beans and Tomato Wedge Pumpnickel Bun Fresh Fruit	Beef Meatball Cacciatore Veggie Meatball Cacciatore Whole Wheat or Vegetable Pasta Parmesan Cheese Asparagus and Baby Corn Brioche Flat Bread Fresh Fruit	Curry Chicken Sweet Potato and Chickpea Curry Rice Pilaf Green salad, Dressing Whole Wheat Villaggio Bread Fresh Fruit
PM SNACK	Wow Butter Marble Rye Bagel	Apple Cinnamon Pie Fresh Fruits	Soft Cheese Ritz Crackers	Yogurt Rice Cake	Zucchini Banana Muffin 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	Chicken Florentine Chickpea Cacciatore Whole Wheat or Vegetable Pasta Parmesan Cheese Carrot and Cucumber Sticks Garlic Bun Fresh Fruit	Beef Stir-Fry Beans Stir-Fry Rice Pilaf Green Salad, Dressing Marble Rye Bread Fresh Fruit	Chicken Breast Burger Veggie Burger Roast Potatoes and sweet Potatoes Ketchup Broccoli Floret and Yellow Beans Brioche Burger Bun Fresh Fruit	Whole Wheat or Vegetable Pasta Ricotta Tomato sauce Parmesan Cheese Pepper and Celery Sticks Multigrain Bread Fresh Fruit	Crispy Pollack Sauteed Tofu & Vegetables Corn Rice Ketchup Green and Yellow Beans Whole Wheat Bread Fresh Fruit
PM SNACK	Morning Glory Loaf Fresh Fruits	Pretzel Apple sauce	Cheese Puff Fresh Fruits	Danish Roll Wow Butter	Oatmeal Raisin Cookies Fresh Fruits

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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	Chicken Meatball in Rose Sauce Chickpea & Asparagus in Tomato Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Pepper and Cucumber Sticks Corn Bread Fresh Fruit	Turkey and Vegetable Soup Lentil and Vegetable Soup Salami, Chicken and Cheese Submarine Mustard Sausage Bun Fresh Fruit	Chicken Breast Sausage Vegetarian Hotdog Roast Potatoes Ketchup Carrot and Celery stick Hotdog Bun Fresh Fruit	Beef Lasagna Vegetable Lasagna Mixed Green Salad, Dressing Whole Wheat Bread Fresh Fruit	Fish Sticks Veggie Nuggets Rice Pilaf Ketchup Cauliflower Floret and Green Beans Garlic Pita Bread Fresh Fruit
PM SNACK	Soft Cheese Whole Wheat Bagel	Granola Bar Fresh Fruits	Apple Berry Sauce Pretzel	Banana Loaf Fresh Fruits	Yogurt Arrowroot Cookies

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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	Teriyaki Beef Meatballs Chickpea and Vegetable Stir-Fry Rice Pilaf Pepper and Cucumber Sticks Muesli Bread Fresh Fruit	Cod Fish Crustless Quiche Quinoa Ketchup Baby Carrots Whole Wheat Bun Fresh Fruit	Greek Chicken Tofu and Vegetable Stew Fried Rice Celery Stick and Cauliflower Floret Whole Wheat Bread Fresh Fruit	Meat Sauce Lentil Meat Sauce Whole Wheat or Vegetable Pasta Parmesan Cheese Green and Yellow Beans Garlic Bun Fresh Fruit	Chicken Breast Burger Veggie Burger Corn Niblets Ketchup Green salad, Dressing Burger Bun Fresh Fruit
PM SNACK	Wow Butter Pumpenickel Bagel	Gold Fish Fresh Fruits	Nachos Dill Pickle Salsa	Apple Croissant Fresh Fruits	Cheese String Whole Wheat Crackers

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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

2025 SPRING- SUMMER INGREDIENT LIST FOR HOT LUNCH ENTREES – April 22, 2025

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, salt, margarine (soy), canola oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Wednesday:

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

Moroccan Couscous: Couscous, water, salt, margarine (soy), canola/sunflower oil, raisins, 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:

Curry Chicken: chicken breast, carrot, pepper, onion, sweet potatoes, peas, coconut milk, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Rice Pilaf: rice, salt, water, 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 Florentine: chicken breast, peppers, onion, carrots, spinach, tomatoes, cream, milk, chicken and turkey broth, seasoning and spices (GLUTEN, EGG 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 Stirfry: beef, 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 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)

Roast Potatoes and sweet potatoes: potatoes, vegetable oil (soybean oil and/or canola oil), wheat flour, rice 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) Sweet potatoes, Vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower and/or corn), modified corn starch, modified potato starch, sugars (brown sugar, sugar), rice flour, dextrin, pea fibre, Salt, baking powder, sodium acid pyrophosphate, Paprika, turmeric, xanthan gum, Corn fibre. (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)

Corn Rice Pilaf: rice, corn, 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)

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, canola/sunflower oil, turkey, chicken, 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, salt, sugars (corn syrup solids), modified corn starch, flavor (soy protein isolate, spice extracts) hydrolyzed corn protein, diphosphates, triphosphates. (GLUTEN, EGG, DAIRY FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

Wednesday:

Chicken Breast Sausage: Chicken breast, water, brown rice crumb, sea salt, onion powder, garlic powder, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Roast Potatoes: 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:

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: Minced fish fillets (haddock or Pollock or cod), 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)

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

WEEK FOUR

Monday:

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

Tuesday:

Cod Fish: Blue cod, Water, Canola Oil, Toasted wheat crumb, Modified Cornstarch, Wheat flour, Yellow Corn Flour, Sugars (dextrose, tapioca dextrin, sugar), Modified palm oil, Wheat starch, Rice Flour, Defatted Soy Flour, Baking powder, Salt, Spices, Guar Gum, Spice extractives, Extractives of paprika. (EGG, DAIRY FREE)
Quinoa: quinoa, water, salt, margarine (soy), canola oil, seasoning and spices (EGG, DAIRY FREE)

Wednesday:

Greek Chicken: chicken breast, water, canola oil, corn starch, turkey broth, dextrose, spices extract, corn syrup, solids, sodium phosphate, onion powder, sea salt, spices, garlic powder, lemon juice (GLUTEN, EGG, DAIRY FREE)
Fried Rice: rice, salt, margarine (soy), water, soy sauce, canola oil (GLUTEN, EGG, DAIRY FREE)

Thursday:

Meat sauce: Beef, 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)

Friday:

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

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