**SPRING- SUMMER INGREDIENT LIST FOR** **VEGETARIAN (NO MEAT OR FISH) HOT LUNCH ENTREES**

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:

Veggie nuggets : water, textured soy protein, canola oil, textured wheat protein, wheat gluten, natural flavors, 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.

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

Wednesday:

Cabbage Omelet: eggs, cabbage, onion, peppers, cheese, seasonings and spices

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

Thursday:

Veggie Meatballs Cacciatore: water, soy protein concentrate, wheat gluten, vegetable oil, soy protein isolate, malt extract, sugar, yeast extract, onion powder, salt, garlic powder, chili flakes, herbs, natural flavors, methylcellulose, dipotassium, phosphate, vitamins and minerals, tomatoes, seasoning and spices

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

Friday:

Sweet Potato and Chickpea Curry: chickpea, carrot, pepper, onion, sweet potatoes, peas, seasoning and spices

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

WEEK TWO

Monday:

Chickpea Cacciatore: chickpea, tomatoes, onion, garlic, seasoning and spices

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.

Tuesday:

Beans stirfry: beans, seasonal vegetables, teriyaki sauce, seasonings and spices

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

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, 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:

Sauteed Tofu and Vegetables: tofu, seasonable vegetables, seasoning and spices

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

WEEK THREE:

Monday:

Chickpea and Asparagus in Tomato sauce: chickpea, asparagus, tomatoes, onion, garlic seasoning and spices

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

Tuesday:

Lentil and Vegetable 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:

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

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

Thursday:

Vegetable Lasagna: pasta (egg), mozzarella cheese, chopped seasonal vegetables, ricotta cheese, parmesan cheese, tomato sauce, 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:

Veggie nuggets : water, textured soy protein, canola oil, textured wheat protein, wheat gluten, natural flavors, 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.

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

WEEK FOUR

Monday:

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

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

Tuesday:

Crestless Quiche: eggs, cheddar cheese, seasoning and spices

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

Wednesday:

Tofu and Vegetable Stew: tofu, seasonal vegetables, seasoning and spices

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

Thursday:

Lentil Meat sauce: lentil, tomatoes, onions, garlic, 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)

Friday:

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 flavors (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

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.