

FALL- WINTER 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:

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

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

Thursday:

Veggie Meatballs in Tomato Sauce: 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:

Tofu, Mushroom Stirfry: tofu, mushrooms, seasonal vegetables, teriyaki sauce, 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 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 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 and Vegetable stirfry: beans, seasonal vegetables, teriyaki sauce, seasonings and spices

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

Wednesday:

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.

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)

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:

Crestless Quiche: eggs, cheddar cheese, milk, seasoning and spices

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

WEEK THREE:

Monday:

Veggie Meatballs in Tomato Sauce: 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

Tuesday:

Lentil Soup: Vegetable stock, lentil, seasonal vegetables, tomatoes, Pasta (durum wheat semolina, niacin, folic acid, ferrous sulphate (iron), riboflavin, thiamine mononitrate)

Cheese submarine

Wednesday:

Red Curry with Chickpea: chickpea, seasonal vegetables, vegetable stock, tomatoes, seasoning and spices

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

Thursday:

Spinach Ricotta Lasagna: pasta (egg), mozzarella cheese, spinach, 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:

Baked Tofu with Vegetables: tofu, seasonal vegetables, seasoning and spices

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

WEEK FOUR

Monday:

Chickpea Bolognese: chickpea, tomatoes, pepper, 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:

Spinach and red pepper Quiche: eggs, cheddar cheese, milk, spinach, peppers, onion, seasoning and spices

Quinoa: quinoa, water, salt, 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 flavors (from plant sources), tomato powder, citric acid, lactic acid, molasses

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

Thursday:

Lentil Tacos: lentil, seasonal vegetables, vegetable stock, tomatoes, seasoning and spices

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

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)

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