



# SUMMER/FALL 2022

## 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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Cheerios 2% Milk Fresh Fruit
<b>LUNCH</b>	Roast Chicken Drums Fried Rice Pepper and Cucumber Sticks Double Flax Seeds Bread Fresh Fruit	WW / Vegetable Pasta Tomato Meat Sauce Parmesan Cheese Baby Carrots Whole Wheat Bun Fresh Fruit	Turkey Noodle Soup Chicken, salami and Cheese Submarine Cauliflower Floret and Celery Sticks Sausage Bun, Mustard Fresh Fruit	Fish Sticks Quinoa Pilaf Ketchup Baby Corn Whole Wheat Pita Fresh Fruit	Beef Lasagna Caesar Salad Caesar Dressing Multigrain Bun Fresh Fruit
<b>PM SNACK</b>	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	No Nut Butter Rice Cakes Fresh Fruit	Gold Fish Crackers Raisins	Apple Sauce Whole Wheat Multigrain Crackers	Tuna Salad * Whole Wheat Bagel * Rooms 107A, 207A & 101 Cream Cheese

**Transfat Free Lunch Prepared by M. Halpert Catering Limited [www.halpertcatering.com](http://www.halpertcatering.com)**

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

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

**Vegetarian alternative available daily**

**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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit
<b>LUNCH</b>	WW / Vegetable Pasta Chicken and Olives in Tomato Sauce Parmesan Cheese Cucumber and Pepper Sticks Multigrain Bread Fresh Fruit	Meatballs with Gravy Mashed Potatoes Baby Carrots Whole Wheat Bread Fresh Fruit	Lemon Pepper Cod Basmati Rice Ketchup Broccoli Florets and Celery Sticks Whole Wheat Bun Fresh Fruit	Sloppy Joe Nachos Lettuce, Cheese, Sour Cream Tortilla Chips Fresh Fruit	Chicken Breast Strips Rice Pilaf BBQ Sauce Green Beans Whole Wheat Pita Fresh Fruit
<b>PM SNACK</b>	Yogurt Arrowroot Cookies Fresh Fruit	Apple Banana Raisin Loaf Fresh Fruit	Soft Cheese Whole Wheat Blueberry Bagel Apple Sauce	Morning Glory Muffin Fresh Fruit	No Nut Butter Whole Wheat English Muffin Fresh Fruit

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

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

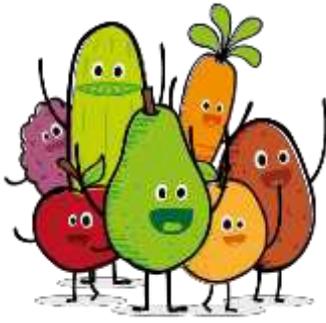
**Vegetarian alternative available daily**

**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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit
<b>LUNCH</b>	WW / Vegetable Pasta Meatballs in Tomato Sauce Cucumber and Carrot Sticks Parmesan Cheese Multigrain Bun Fresh Fruit	Roast Chicken Drums Yellow Rice Baby Corn Whole Wheat Pita Fresh Fruit	Cheese Tortellini Tomato Zucchini Lentil Sauce Parmesan Cheese Double Flax Seeds Bread Broccoli Floret & Celery Sticks Fresh Fruit	Chicken Hotdog Roast Potatoes with Vegetables Ketchup, Relish Hotdog Bun Fresh Fruit	Fish Sticks Spanish Rice Honey Mustard Sauce Cauliflower Floret and Pepper Sticks Whole Wheat Italian Bread Fresh Fruit
<b>PM SNACK</b>	Yogurt Whole Wheat Crackers or Bread Sticks Fresh Fruit	Apple Sauce Rice Cakes	Goldfish Crackers Raisins	Banana Chocolate Loaf Fresh Fruit	Sliced Cheddar Whole Wheat Multigrain Crackers Fresh Fruit

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

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

**Vegetarian alternative available daily**

**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**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK *</b>	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit	Shreddies 2% Milk Fresh Fruit	Raisin Bran 2% Milk Fresh Fruit	Multigrain Cheerios 2% Milk Fresh Fruit
<b>LUNCH</b>	Mac & Cheese Sauce Pepper and Cucumber Sticks Whole Wheat Bun Fresh Fruit	Chicken Stew Mashed Potatoes Baby Carrots Whole Wheat Bread Fresh Fruit	Alaskan Pollack Lentil Rice Coleslaw, Dressing Ketchup Whole Wheat Pita Fresh Fruit	Beef Hamburger Corn Niblets, Ketchup Sliced Cheddar Whole Wheat Hamburger Bun Fresh Fruit	Chicken Nuggets Rice Pilaf Asparagus Honey Mustard Sauce Multigrain Bun Fresh Fruit
<b>PM SNACK</b>	Carrot Coconut Loaf Fresh Fruit	Yogurt Whole Wheat Multigrain Crackers Fresh Fruit	Banana Raisin Loaf Fresh Fruit	No Nut Butter Whole Wheat Bagel Apple Sauce	Nachos Cheese Salsa

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

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

**Vegetarian alternative available daily**

**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**

## 2022 SUMMER- FALL INGREDIENT LIST FOR HOT LUNCH ENTREES – Revised January 1, 2023

### WEEK ONE

#### Monday:

Roast Chicken Drums: chicken, canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Fried Rice: Rice, water, white pepper, salt, margarine (soy), soy sauce, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

#### Tuesday:

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)

Tomato Meat Sauce: ground beef, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

#### Wednesday:

Turkey Noodle Soup: chicken stock made from chicken bones, water, carrot, onion, celery, canola/sunflower oil, turkey, durum whole 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) (GLUTEN, DAIRY FREE)

Cheddar cheese: (GLUTEN, EGG FREE)

#### Thursday:

Fish sticks: (haddock/Pollock/cod), water, toasted wheat crumbs, modified starch (corn), flour (corn, wheat, soy), sugar, baking powder, vegetable oil (modified palm), sodium phosphate, guar gum, spices, canola oil. (DAIRY, EGG FREE)

Quinoa Pilaf: Quinoa, water, white pepper, salt, margarine (soy), canola/sunflower oil, may contain gluten (EGG, DAIRY FREE)

#### Friday:

Beef Lasagna: Beef, tomato sauce, pasta (egg), mozzarella cheese, ricotta cheese, parmesan cheese, seasoning and spices

Cesar Salad Dressing: egg, canola oil, mustard, vinegar, parmesan cheese, salt, pepper, lemon juice (GLUTEN 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)

Chicken and Olives in tomato sauce: Chicken, canola/sunflower oil, olives, tomatoes, onion, garlic, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

#### Tuesday:

Meatballs with Gravy: 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,) tomato paste, flour, sunflower oil, seasoning and spices ( EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine (soy/sunflower oil), milk, salt, pepper (GLUTEN, EGG FREE)

### Wednesday:

Lemon Pepper Cod: Cod, flour (wheat, corn, soy), water, modified starch (corn), salt, sugar, seasonings (spices, onion), flavour (lemon, butter [milk]), vegetable oil (canola, soya), sodium phosphate, baking powder, Autolyzed yeast extract, colour (caramel, paprika, annatto, and turmeric), yeast, citric acid, guar gum, lecithin (soy). browned in canola oil.(EGG FREE)

Basmati Rice: Rice, salt, margarine (soy), water, white pepper, canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

### Thursday:

Sloppy Joes Nachos: Ground beef, diced tomatoes, chili sauce, onion, celery, carrots, 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.

### 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

Rice Pilaf: Rice, water, white pepper, salt, Turmeric, margarine (soy), canola/sunflower oil (GLUTEN, EGG, DAIRY FREE)

BBQ sauce: (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)

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)

### Tuesday:

Roast Chicken Drums: chicken drums, canola/sunflower oil, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Yellow Rice: Rice, water, white pepper, salt, margarine (soy), canola/sunflower oil, turmeric (GLUTEN, EGG, DAIRY FREE)

### Wednesday:

Cheese Tortellini: durum semolina, whole eggs, water, US green, spinach powder, colour, beta carotene, ricotta cheese, toasted wheat crumbs, salt, spices, canola oil, rice flour, soy

Tomato Zucchini Lentil sauce: tomatoes, onion, garlic, lentil, zucchini, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

#### Thursday:

Chicken Hotdog: chicken, water, modified starches, salt, spices, sugar, wheat gluten, mustard, spices extract, sodium phosphate, sodium erythorbate, smoke, sodium nitrite ( EGG, DAIRY FREE)

Roast Potatoes with Vegetables: Potatoes and seasonal vegetables, seasoning and spices (GLUTEN, EGG, DAIRY FREE)

Ketchup/ Relish: (GLUTEN, EGG, DAIRY FREE)

#### FRIDAY:

Fish sticks: Minced fish fillets (haddock/Pollock/cod), water, toasted wheat crumbs, modified starch (corn), flour (corn, wheat, soy), sugar, baking powder, vegetable oil (modified palm), sodium phosphate, guar gum, spices, canola oil.(DAIRY, EGG FREE)

Spanish Rice: Rice, water, canola/sunflower oil, white pepper, salt, margarine, crushed tomatoes (GLUTEN, EGG, DAIRY FREE)

Honey Mustard Sauce: water, sugar, vinegar, mustard flour, pure white Canada no 1 honey, modified corn starch, salt, turmeric extract, garlic#, natural flavour, spice. (GLUTEN, DAIRY, EGG FREE)

#### WEEK FOUR

##### 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 and parmesan cheese, flour, seasoning and spices (EGG FREE)

##### Tuesday:

Chicken Stew: chicken, sweet potatoes, peas, chicken stock, coconut milk, canola/sunflower oil, seasoning and spice (GLUTEN, EGG, DAIRY FREE)

Mashed potatoes: potatoes, margarine (soy/sunflower oil), milk, salt, pepper (GLUTEN, EGG FREE)

##### Wednesday:

Alaskan Pollock fillets: Alaskan Pollock, Vegetable oil (canola, sunflower), Flour (wheat, corn), Water, Toasted wheat crumbs, Modified corn starch, Salt, Baking powder, Spices, Guar flour (EGG FREE)

Lentil Rice: Rice, water, white pepper, salt, margarine (soy), canola/sunflower oil, lentil (GLUTEN, EGG, DAIRY FREE)

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)

##### Thursday:

Beef hamburger: Ground beef, eggs, bread crumbs, mustard, soy sauce, seasoning and spices (DAIRY FREE)

Corn Niblets: Corn, water, salt, margarine (soy/sunflower oil) (GLUTEN, EGG, DAIRY FREE)

##### Friday:

Chicken Nuggets: Chicken breast, water, toasted wheat crumbs, ,wheat flour, baking powder, vegetable oil shortening(soy bean),sugar, salt, vinegar, yeast, cameral spices, soy protein concentrate, wheat gluten, yellow corn flour, salt, wheat flour, potassium chloride, guar gum, dextrose spices, browned in soybean oil( MAY CONTAIN MILK, EGG)

Rice Pilaf: Rice, water, white pepper, salt, margarine (soy), canola/sunflower oil, lentil (GLUTEN, EGG, DAIRY FREE)

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