

ELEMENTARY MENU- OCTOBER 2025

October 6-10	Monday	Tuesday	Wednesday	Thureday	Friday	
October 6-10	6	7	8	9	10	
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Beef Meatballs & Cabbage + Rice + Greek Salad	Summer Vegetable Tomato Pasta Sauce + Penne + Ceasar Salad	Braised Chicken + Mashed Potatoes + Roasted Carrots + Green Salad	
October 13-17	Monday	Tuesday	Wednesday	Thursday	Friday	
	13	14	15	16	17	
Lunch - Elementary	THANKSGIVING	Mac & Cheese + Greek Salad	Mechado Braised Beef + Rice + Raw Veg & Dip	Pizza Beans + Green Salad	Braised Chicken + Rice + Raw Veg & Dip	
October 20-24	Monday	Tuesday	Wednesday	Thursday	Friday	
	20	21	22	23	24	
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Butter Chicken + Potatoes + Green Salad	Egg Fried Rice + Greek Salad	PRO D DAY	
October 27-31	Monday	Tuesday	Wednesday	Thursday	Friday	
	27	28	29	30	31	
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Teryaki Edamame Beans & Carrots + Rice + Green Salad	Turkey Sausage & White Bean Stew + Raw Veg & Dip	Roasted Chicken Drum + Rice + Green Salad	Mac & Cheese + Greek Salad	
	www.flourishschoolfood.ca					

PLEASE NOTE: The Flourish Kitchen is a small, cozy place. We try our best but we cannot guarantee items labeled as made without Gluten and/or Dairy have not had some contact with either gluten or dairy. These items simply do not contain Gluten or Dairy as ingredients in their recipes. But our kitchen is not Gluten or Dairy free, and so it is important for those with severe sensitivities to know that there remains a possibility of contamination. Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of catuion we recommend those with highly sensitive, life threatening allergies not participate in our program.

ELI	EMENTAR	Y MEAL I	NFO- OC'	TOBER 20	25
October 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Elementary	Beef Bolognese + Penne	Coconut Curry Sauce + Rice	Beef Meatballs & Cabbage + Rice	Summer Vegetable Tomato Pasta Sauce + Penne	Braised Chicken + Mashed Potatoes + Roasted Carrots
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions/1 meatball	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Eggs, Soy, Mustard	Gluten, Dairy, Eggs, Soy	Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Dairy	Vegetarian	Made without Gluten, Eggs
October 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Elementary	THANKSGIVING	Mac & Cheese	Mechado Braised Beef + Rice	Pizza Beans	Braised Chicken + Rice
Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Gluten, Eggs, Dairy, Soy	Gluten, Soy, Mustard	Dairy, Soy	Soy
Dietary Restrictions		Vegetarian	Made without Dairy	Made without Gluten. Vegetarian	Made without Gluten, Dairy, Eggs
October 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
October 20-24	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Cottober 20-24 Lunch - Elementary			Wednesday 22 Butter Chicken + Potatoes + Green Salad		
Lunch -	20 Potato & Cheese Perogies + Caesar	21 Taco Salad + Spiced Beef & Beans + Corn	22 Butter Chicken + Potatoes + Green	23 Egg Fried Rice +	24
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25	Egg Fried Rice + Greek Salad	24
Lunch - Elementary Portion Size	Potato & Cheese Perogies + Caesar Salad 4 Perogies	21 Taco Salad + Spiced Beef & Beans + Com Chips 1 pan = 20-25 portions	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions	24
Lunch - Elementary Portion Size Common Dietary	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy.	24
Lunch - Elementary Portion Size Common Dietary Restrictions	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian	PRO D DAY
Lunch - Elementary Portion Size Common Dietary Restrictions October 27-31 Lunch -	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Teryaki Edamame Beans & Carrots +	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 Turkey Sausage & White Bean Stew +	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Rice +	PRO D DAY Friday
Lunch - Elementary Portion Size Common Dietary Restrictions October 27-31	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese +	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Teryaki Edamame	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 Turkey Sausage &	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken	PRO D DAY Friday 31 Mac & Cheese +
Lunch - Elementary Portion Size Common Dietary Restrictions October 27-31 Lunch -	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Teryaki Edamame Beans & Carrots +	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 Turkey Sausage & White Bean Stew +	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Rice +	PRO D DAY Friday 31 Mac & Cheese +
Lunch - Elementary Portion Size Common Dietary Restrictions October 27-31 Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar Salad 1 pan = 20-25	21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Teryaki Edamame Beans & Carrots + Rice + Green Salad 1 pan = 20-25	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 Turkey Sausage & White Bean Stew + Raw Veg & Dip 1 pan = 20-25	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Rice + Green Salad 1-2 Drums size	PRO D DAY Friday 31 Mac & Cheese + Greek Salad 1 pan = 20-25
Lunch - Elementary Portion Size Common Dietary Restrictions October 27-31 Lunch - Elementary Portion Size Common	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar Salad 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Teryaki Edamame Beans & Carrots + Rice + Green Salad 1 pan = 20-25 portions	Butter Chicken + Potatoes + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 Turkey Sausage & White Bean Stew + Raw Veg & Dip 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Rice + Green Salad 1-2 Drums size dependant	PRO D DAY Friday 31 Mac & Cheese + Greek Salad 1 pan = 20-25 portions Gluten, Eggs, Dairy,



MIDDLE/HIGH SCHOOL MENU - OCTOBER 2025

October 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Cabbage Roll Casserole + Greek Salad	Summer Vegetable Ratatouille Pasta Bake + Ceasar Salad	Chicken Shepherds Pie + Green Salad
October 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Mid/High	THANKSGIVING	Mac & Cheese + Greek	Mechado Stew (Beef) + Rice + Ceasar	Chickpea & Orzo Pasta Bake + Green Salad	Chicken Fajita Casserole + Black Bean Salad
October 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
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Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Butter Chicken + Potatoes & Veg + Green Salad	Egg Fried Rice + Greek Salad	PRO D DAY
	Perogies + Caesar	Beef & Beans + Corn	Potatoes & Veg +	• • • • • • • • • • • • • • • • • • • •	PRO D DAY Friday
Mid/High	Perogies + Caesar Salad	Beef & Beans + Corn Chips	Potatoes & Veg + Green Salad	Greek Salad	
Mid/High	Perogies + Caesar Salad Monday	Beef & Beans + Corn Chips Tuesday	Potatoes & Veg + Green Salad Wednesday	Greek Salad Thursday	Friday
Mid/High October 27-31 Lunch -	Perogies + Caesar Salad Monday 27 Beef Bolognese + Penne + Caesar Salad	Beef & Beans + Corn Chips Tuesday 28 Vegetable Stirfry with Pea Protein	Potatoes & Veg + Green Salad Wednesday 29 White Bean Cassoulet (Turkey Sausage) + Raw Veg & Dip	Greek Salad Thursday 30 Roasted Chicken Drum + Veg + Sushi	Friday 31 Mac & Cheese +

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October 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Cabbage Roll Casserole + Greek Salad	Summer Vegetable Ratatouille Pasta Bake + Ceasar Salad	Chicken Shepherds Pie + Green Salad
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Eggs, Soy, Mustard	Gluten, Dairy, Eggs, Soy	Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Dairy	Vegetarian	Made without Gluten, Eggs
October 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Mid/High	THANKSGIVING	Mac & Cheese + Greek	Mechado Stew (Beef) + Rice + Ceasar	Chickpea & Orzo Pasta Bake + Green Salad	Chicken Fajita Casserole + Black Bean Salad
Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Gluten, Eggs, Dairy, Soy	Gluten, Soy, Mustard	Gluten, Eggs, Dairy, Soy	Soy
Dietary			Made without	Made without	Made without
Restrictions		Vegetarian	Dairy	Gluten. Vegetarian	Gluten, Dairy, Eggs
Restrictions October 20-24	Monday	Vegetarian Tuesday			Gluten, Dairy, Eggs Friday
	Monday 20	-	Dairy	Gluten. Vegetarian	, 65
		Tuesday	Dairy	Gluten. Vegetarian Thursday	Friday
October 20-24 Lunch -	20 Potato & Cheese Perogies + Caesar	Tuesday 21 Taco Salad + Spiced Beef & Beans + Com	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg +	Gluten. Vegetarian Thuraday 23 Egg Fried Rice +	Friday 24
October 20-24 Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Tuesday 21 Taco Salad + Spiced Beef & Beans + Com Chips 1 pan = 20-25	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25	Gluten. Vegetarian Thuraday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25	Friday 24
Lunch - Mid/High Portion Size Common	Potato & Cheese Perogies + Caesar Salad 4 Perogies	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions	Friday 24
Lunch - Mid/High Portion Size Common Allergens Dietary	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy.	Friday 24
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian	Friday 24 PRO D DAY
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday	Friday PRO D DAY Friday
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions October 27-31 Lunch -	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Vegetable Stirfry with Pea Protein	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 White Bean Cassoulet (Turkey Sausage) + Raw	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Veg + Sushi	Friday PRO D DAY Friday 31 Mac & Cheese +
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions October 27-31 Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar Salad 1 pan = 20-25	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Vegetable Stirfry with Pea Protein Bites + Green Salad 1 pan = 20-25	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 White Bean Cassoulet (Turkey Sausage) + Raw Veg & Dip 1 pan = 20-25	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Veg + Sushi Salad	Friday 24 PRO D DAY Friday 31 Mac & Cheese + Greek Salad 1 pan = 20-25
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions October 27-31 Lunch - Mid/High Portion Size Common	Potato & Cheese Perogies + Caesar Salad 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 27 Beef Bolognese + Penne + Caesar Salad 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Tuesday 21 Taco Salad + Spiced Beef & Beans + Corn Chips 1 pan = 20-25 portions Dairy, Soy Made without Gluten, Eggs Tuesday 28 Vegetable Stirfry with Pea Protein Bites + Green Salad 1 pan = 20-25 portions	Dairy Wednesday 22 Butter Chicken + Potatoes & Veg + Green Salad 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 29 White Bean Cassoulet (Turkey Sausage) + Raw Veg & Dip 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Gluten. Vegetarian Thursday 23 Egg Fried Rice + Greek Salad 1 pan = 20-25 portions Eggs, Soy Made without Gluten, Dairy. Vegetarian Thursday 30 Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad:	Friday 24 PRO D DAY Friday 31 Mac & Cheese + Greek Salad 1 pan = 20-25 portions Gluten, Eggs, Dairy,