



ELEMENTARY MENU- OCTOBER 2025

October 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	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

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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 caution we recommend those with highly sensitive, life threatening allergies not participate in our program.

ELEMENTARY MEAL INFO- OCTOBER 2025

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
	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
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common	Gluten, Dairy, Soy	Dairy, Soy	Soy	Eggs, Soy	
Dietary Restrictions	Vegetarian	Made without Gluten, Eggs	Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy. Vegetarian	
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
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy	Soy	Soy	Gluten, Eggs, Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy, Eggs	Vegetarian
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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 + Caesar 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 + Caesar	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
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
October 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry with Pea Protein Bites + Green Salad	White Bean Cassoulet (Turkey Sausage) + Raw Veg & Dip	Roasted Chicken Drum + Veg + Sushi Salad	Mac & Cheese + Greek Salad

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MID/HIGH MEAL INFO- 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 + Caesar 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 + Caesar	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 Restrictions		Vegetarian	Made without Dairy	Made without Gluten. Vegetarian	Made without Gluten, Dairy, Eggs
October 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
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	PROD DAY
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common Allergens	Gluten, Dairy, Soy	Dairy, Soy	Soy	Eggs, Soy	
Dietary Restrictions	Vegetarian	Made without Gluten, Eggs	Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy. Vegetarian	
October 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry with Pea Protein Bites + Green Salad	White Bean Cassoulet (Turkey Sausage) + Raw Veg & Dip	Roasted Chicken Drum + Veg + Sushi Salad	Mac & Cheese + Greek Salad
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy	Soy	Soy Salad: Mustard, Sesame	Gluten, Eggs, Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy, Eggs	Vegetarian
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