



ELEMENTARY MENU- DECEMBER 2025

December 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Beef Meatballs, Marinara, Egg Noodles + Green Salad	Braised Chicken + Roasted Potato + Caesar Salad	Egg Fried Rice + Raw Veg & Dip	Beefaroni + Greek Salad
December 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans + Green Salad	Creamy Chicken Pesto Pasta + Greek Salad	Braised Beef + Roasted Potato + Green Salad
December 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Rice + Green Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Turkey Meatballs, Mashed Potato, Roasted Carrots+ Green Salad	Pizza Quesadilla (Tomato sauce, cheese) + Raw Veg & Dip
December 21-27	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Elementary	HAPPY	HOLIDAYS	EVERYONE	!!!!!!	SEE YOU IN 2026!

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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 - DECEMBER 2025

December 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Lunch - Elementary	Potato & Cheese Perogies	Beef Meatballs, Marinara, Egg Noodles	Braised Chicken + Roasted Potato	Egg Fried Rice	Beefaroni
Entrée Portion Size	1 pan = 20-25 portions	1 unit/student	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy	Gluten, Dairy, Soy	Soy	Eggs, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Vegetarian	Vegetarian	Made without Gluten, Dairy	Made without Gluten, Dairy. Vegetarian	
December 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
Lunch - Elementary	Beef Bolognese + Penne	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans	Creamy Chicken Pesto Pasta	Braised Beef + Roasted Potato
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	Soy, Gluten, Eggs	Gluten, Dairy, Eggs, Soy	Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Dairy. Vegetarian		Made without Dairy, Gluten
December 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum + Rice	Taco Salad + Spiced Beef & Beans + Corn Chips	Turkey Meatballs, Mashed Potato, Roasted Carrots	Pizza Quesadilla (Tomato sauce, cheese)
Portion Size	4 Perogies	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student
Common Allergens	Gluten, Dairy, Soy	Soy	Dairy, Soy	Gluten, Dairy, Eggs, Soy	Gluten, Dairy, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy	Made without Gluten		Vegetarian



MIDDLE/HIGH SCHOOL MENU - DECEMBER 2025

December 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Beef Meatballs, Marinara, Egg Noodles + Green Salad	Chicken Fajita Casserole + Black Bean Salad	Egg Fried Rice + Raw Veg & Dip	Beefaroni + Greek Salad
December 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Chow Mein + Green Salad	Creamy Chicken Pesto Pasta + Greek Salad	Braised Beef Stew + Roasted Potato + Green Salad
December 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Vegetables + Sushi Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Turkey Meatballs, Mashed Potato, Roasted Vegetables + Green Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Raw Veg & Dip
December 21-27	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Mid/High	HAPPY	HOLIDAYS	EVERYONE	!!!!	SEE YOU IN 2026

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MID/HIGH MEAL INFO - DECEMBER 2025

December 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Lunch - Mid/High	Potato & Cheese Perogies	Beef Meatballs, Marinara, Egg Noodles	Chicken Fajita Casserole	Egg Fried Rice	Beefaroni
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, Dairy, Soy	Gluten, Eggs, Soy	Soy	Eggs, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Vegetarian	Made without Dairy	Made without Gluten, Dairy	Made without Gluten, Dairy. Vegetarian	
December 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
Lunch - Mid/High	Beef Bolognese + Penne	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Chow Mein	Creamy Chicken Pesto Pasta	Braised Beef Stew + Roasted Potato
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	Soy, Gluten, Eggs	Gluten, Dairy, Eggs, Soy	Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Dairy. Vegetarian		Made without Dairy, Gluten
December 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Lunch - Mid/High	Potato & Cheese Perogies	Roasted Chicken Drum + Sushi Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Turkey Meatballs, Mashed Potato, Roasted Vegetables	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)
Portion Size	4 Perogies	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student
Common Allergens	Gluten, Dairy, Soy	Soy Salad: Mustard, Sesame	Dairy, Soy	Gluten, Dairy, Eggs, Soy	Gluten, Dairy, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy	Made without Gluten		Vegetarian
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