



## ***ELEMENTARY MENU - JANUARY 2026***

JANUARY 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Rice, Carrots, Edamame Beans + Raw Veg	Braised Chicken + Roasted Potato + Greek Salad	Chickpea & Orzo Pasta Bake + Green Salad	Vegetarian Chili + Rice + Caesar Salad
JANUARY 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Teryaki Edamame Beans & Carrots + Rice + Green Salad	Beefaroni + Greek Salad	Butter Chicken + Potatoes + Green Salad	Egg Fried Rice + Raw Veg & Dip
JANUARY 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chow Mein Noodles, Roasted Chicken, Carrots, Edamame Beans + Green Salad	Turkey Meatballs + Rice + Caesar	Squash Mac & Cheese + Greek Salad
JANUARY 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Rice + Raw Veg & Dip	Turkey Sausage & White Bean Stew + Green Salad	Mechado Braised Beef + Rice + Ceaser	Marinara Pasta + Green Salad

***[www.flourishschoolfood.ca](http://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 caution we recommend those with highly sensitive, life threatening allergies not participate in our program.

## ***ELEMENTARY MEAL INFO - JANUARY 2026***

JANUARY 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Coconut Curry Sauce + Rice, Carrots, Edamame Beans	Braised Chicken + Roasted Potato	Chickpea & Orzo Pasta Bake	Vegetarian Chili + Rice
<b>Entrée Portion Size</b>	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
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy, Mustard	Soy	Gluten, Eggs, Dairy, Soy	Mustard, Soy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Gluten, Dairy	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian
JANUARY 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Teryaki Edamame Beans & Carrots + Rice	Beefaroni	Butter Chicken + Potatoes	Egg Fried Rice
<b>Portion Size</b>	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Dairy, Soy	Soy	Gluten, Dairy, Eggs, Soy	Soy	Eggs, Soy
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian		Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy. Vegetarian
JANUARY 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans	Turkey Meatballs + Rice	Mac & Cheese
<b>Portion Size</b>	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
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy, Mustard HUMMUS Contains Sesame	Soy, Gluten, Eggs	Gluten, Eggs, Soy	Gluten, Dairy, Eggs, Soy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Dairy. Vegetarian	Made without Dairy	Vegetarian
JANUARY 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Roasted Chicken Drum + Rice	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice	Marinara Pasta
<b>Portion Size</b>	4 Perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Dairy, Soy	Soy	Soy	Gluten, Soy, Mustard	Gluten, Dairy, Eggs, Soy
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy, Eggs	Made without Dairy	Vegetarian
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## ***MIDDLE/HIGH SCHOOL MENU - JANUARY 2026***

JANUARY 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg	Chicken Fajita Casserole + Greek Salad	Chickpea & Orzo Pasta Bake + Green Salad	Vegetarian Chili + Rice + Raw Veg & Hummus
JANUARY 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies + Caesar Salad	Teryaki Vegetable Stirfry + Green Salad	Beefaroni + Greek Salad	Butter Chicken + Potatoes & Veg + Green Salad	Egg Fried Rice + Raw Veg & Dip
JANUARY 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Chow Mein + Green Salad	Spanish Ricearoni + Black Bean Salad	Creamy Chicken & Squash Rigatoni + Greek Salad
JANUARY 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Vegetables + Sushi Salad	White Bean Cassoulet (Turkey Sausage) + Green Salad	Mechado Stew (Beef) + Rice + Ceasar	Vegetarian Lasagna + Green Salad

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<b>MID/HIGH MEAL INFO - JANUARY 2026</b>							
JANUARY 5-9	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>		
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>		
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne	Vegetable Curry & Rice	Chicken Fajita Casserole	Chickpea & Orzo Pasta Bake	Vegetarian Chili + Rice + Raw Veg & Hummus		
<b>Entrée Portion Size</b>	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		
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy, Mustard	Soy	Gluten, Eggs, Dairy, Soy	Gluten, Eggs, Dairy, Soy HUMMUS Contains Sesame		
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy	Vegetarian	Vegetarian		
JANUARY 12-16	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>		
	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>		
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies	Vegetable Stirfry	Beefaroni	Butter Chicken + Potatoes & Veg	Egg Fried Rice		
<b>Portion Size</b>	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions		
<b>Common Allergens</b>	Gluten, Dairy, Soy	Soy	Gluten, Dairy, Eggs, Soy	Soy, Mustard	Soy		
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian		Made without Gluten, Dairy, Eggs.	Made without Gluten, Dairy. Vegetarian		
JANUARY 19-23	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>		
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>		
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Chow Mein	Spanish Ricearoni	Creamy Chicken & Squash Rigatoni		
<b>Portion Size</b>	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		
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy, Mustard Hummus: Sesame	Gluten, Eggs, Soy	Gluten, Eggs, Soy	Gluten, Dairy, Eggs, Soy		
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Dairy	Made without Dairy. Vegetarian			
JANUARY 26-30	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>		
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies	Roasted Chicken Drum + Vegetables + Sushi Salad	White Bean Cassoulet (Turkey Sausage)	Mechado Stew (Beef) + Rice	Vegetarian Lasagna		
<b>Portion Size</b>	4 Perogies	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions		
<b>Common Allergens</b>	Gluten, Dairy, Soy	Soy Salad: Mustard, Sesame	Soy	Gluten, Soy, Mustard	Gluten, Dairy, Eggs, Soy		
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Dairy	Made without Gluten, Dairy, Eggs	Made without Dairy	Vegetarian		
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