

ELEMENTARY MENU - JANUARY 2026

JANUARY 5-9	Monday	Tuesday	Wednesday	Thureday	Friday
	5	6	7	8	9
Lunch - Elementary	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
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Teryaki Edamame Beans & Carrots + Rice + Green Salad	Beeferoni + 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
Lunch - Elementary	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
Lunch - Elementary	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

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.

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JANUARY 5-9	Monday	Tuesday	Wednesday	Thureday	Friday
	5	6	7	8	9
Lunch - Elementary	Beef Bolognese + Penne	Coconut Curry Sauce + Rice, Carrots, Edamame Beans	Braised Chicken + Roasted Potato	Chickpea & Orzo Pasta Bake	Vegetarian Chili + Rice
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	Soy	Gluten, Eggs, Dairy, Soy	Mustard, Soy
Dietary Restrictions	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
Lunch - Elementary	Potato & Cheese Perogies	Teryaki Edamame Beans & Carrots + Rice	Beeferoni	Butter Chicken + Potatoes	Egg Fried Rice
Portion Size	4 Perogies	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	Soy	Gluten, Dairy, Eggs, Soy	Soy	Eggs, Soy
Dietary Restrictions	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
Lunch - Elementary	Heef Bolognese + Penne	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans	22 Turkey Meatballs + Rice	23 Mac & Cheese
	Beef Bolognese +	Coconut Curry Sauce + Rice + Raw	Chow Mein Noodles, Pea Protein, Carrots,	Turkey Meatballs +	
Elementary	Beef Bolognese + Penne 1 pan = 20-25	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25	Turkey Meatballs + Rice	Mac & Cheese 1 pan = 20-25
Elementary Portion Size Common	Beef Bolognese + Penne 1 pan = 20-25 portions	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions	Turkey Meatballs + Rice 1 pan = 20-25 portions	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs,
Elementary Portion Size Common Allergens Dietary	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy,	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions Soy, Gluten, Eggs	Turkey Meatballs + Rice 1 pan = 20-25 portions Gluten, Eggs, Soy Made without	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy
Elementary Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Vegetarian	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions Soy, Gluten, Eggs Made without Dairy. Vegetarian	Turkey Meatballs + Rice 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Vegetarian
Elementary Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Vegetarian Tuesday	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions Soy, Gluten, Eggs Made without Dairy. Vegetarian Wednesday	Turkey Meatballs + Rice 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Thursday	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Vegetarian Friday
Elementary Portion Size Common Allergens Dietary Restrictions JANUARY 26-30 Lunch -	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday 26 Potato & Cheese	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Vegetarian Tuesday 27 Roasted Chicken	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions Soy, Gluten, Eggs Made without Dairy. Vegetarian Wednesday 28 Turkey Sausage &	Turkey Meatballs + Rice 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Thursday 29 Mechado Braised	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Vegetarian Friday 30
Elementary Portion Size Common Allergens Dietary Restrictions JANUARY 26-30 Lunch - Elementary	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday 26 Potato & Cheese Perogies	Coconut Curry Sauce + Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Vegetarian Tuesday 27 Roasted Chicken Drum + Rice	Chow Mein Noodles, Pea Protein, Carrots, Edamame Beans 1 pan = 20-25 portions Soy, Gluten, Eggs Made without Dairy. Vegetarian Wednesday 28 Turkey Sausage & White Bean Stew 1 pan = 20-25	Turkey Meatballs + Rice 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Thursday 29 Mechado Braised Beef + Rice 1 pan = 20-25	Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Vegetarian Friday 30 Marinara Pasta 1 pan = 20-25



MIDDLE/HIGH SCHOOL MENU - JANUARY 2026

JANUARY 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Mid/High	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
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Teryaki Vegetable Stirfry + Green Salad	Beeferoni + 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
			_		
Lunch - Mid/High	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
	Penne + Caesar	Vegetable Curry & Rice + Raw Veg &	Chicken Chow	Spanish Ricearoni +	Creamy Chicken & Squash Rigatoni +
Mid/High	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
Mid/High	Penne + Caesar Salad Monday	Vegetable Curry & Rice + Raw Veg & Hummus Tuesday	Chicken Chow Mein + Green Salad Wednesday	Spanish Ricearoni + Black Bean Salad Thureday	Creamy Chicken & Squash Rigatoni + Greek Salad Friday
Mid/High JANUARY 26-30 Lunch -	Penne + Caesar Salad Monday 26 Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus Tuesday 27 Roasted Chicken Drum + Vegetables +	Chicken Chow Mein + Green Salad Wednesday 28 White Bean Cassoulet (Turkey Sausage) + Green Salad	Spanish Ricearoni + Black Bean Salad Thursday 29 Mechado Stew (Beef) + Rice +	Creamy Chicken & Squash Rigatoni + Greek Salad Friday © Vegetarian Lasagna

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JANUARY 5-9	Monday	Tuesday	Wednesday	Thursday	Friday	
	5	6	7	8	9	
Lunch - Mid/High	Beef Bolognese + Penne	Vegetable Curry & Rice	Chicken Fajita Casserole	Chickpea & Orzo Pasta Bake	Vegetarian Chili + Rice + Raw Veg & Hummus	
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	Soy	Gluten, Eggs, Dairy, Soy	Gluten, Eggs, Dairy, Soy HUMMUS Contains Sesame	
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy	Vegetarian	Vegetarian	
JANUARY 12-16	Monday	Tuesday	Wednesday	Thursday	Friday	
	12	13	14	15	16	
Lunch - Mid/High	Potato & Cheese Perogies	Vegetable Stirfry	Beeferoni	Butter Chicken + Potatoes & Veg	Egg Fried Rice	
Portion Size	4 Perogies	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	Soy	Gluten, Dairy, Eggs, Soy	Soy, Mustard	Soy	
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian		Made without Gluten, Dairy, Eggs.	Made without Gluten, Dairy. Vegetarian	
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JANUARY 19-23	Monday	Tuesday	Wednesday	Thursday	Friday	
JANUARY 19-23	Monday 19	-	Wednesday 21	Thursday 22		
JANUARY19-23 Lunch - Mid/High		Tuesday	,		Friday	
Lunch -	19 Beef Bolognese +	Tuesday 20 Vegetable Curry & Rice + Raw Veg &	21 Chicken Chow	22	Friday 28 Creamy Chicken &	
Lunch - Mid/High	Beef Bolognese + Penne 1 pan = 20-25	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25	Chicken Chow Mein	22 Spanish Ricearoni 1 pan = 20-25	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25	
Lunch - Mid/High Portion Size Common	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Spanish Ricearoni 1 pan = 20-25 portions	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy	
Lunch - Mid/High Portion Size Common Allergens Dietary	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs,	
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy. Vegetarian	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy	
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Wednesday	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy. Vegetarian Thursday	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy	
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions JANUARY 26-30 Lunch -	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday 26 Potato & Cheese	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 27 Roasted Chicken Drum + Vegetables +	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Wednesday 28 White Bean Cassoulet (Turkey	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy. Vegetarian Thursday 29 Mechado Stew	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy	
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions JANUARY 26-30 Lunch - Mid/High	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday 26 Potato & Cheese Perogies	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 27 Roasted Chicken Drum + Vegetables + Sushi Salad 1-2 drums/student	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Wednesday 28 White Bean Cassoulet (Turkey Sausage) 1 pan = 20-25	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy. Vegetarian Thursday 29 Mechado Stew (Beef) + Rice 1 pan = 20-25	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Friday 30 Vegetarian Lasagna 1 pan = 20-25	
Lunch - Mid/High Portion Size Common Allergens Dietary Restrictions JANUARY 26-30 Lunch - Mid/High Portion Size Common	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Monday 26 Potato & Cheese Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian	Tuesday 20 Vegetable Curry & Rice + Raw Veg & Hummus 1 pan = 20-25 portions Soy, Mustard Hummus: Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 27 Roasted Chicken Drum + Vegetables + Sushi Salad 1-2 drums/student (size dependant) Soy Salad: Mustard,	Chicken Chow Mein 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy Wednesday 28 White Bean Cassoulet (Turkey Sausage) 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Spanish Ricearoni 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy. Vegetarian Thursday 29 Mechado Stew (Beef) + Rice 1 pan = 20-25 portions Gluten, Soy,	Friday 28 Creamy Chicken & Squash Rigatoni 1 pan = 20-25 portions Gluten, Dairy, Eggs, Soy Friday 30 Vegetarian Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs,	