



ELEMENTARY MENU - APRIL 2026

APRIL 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Elementary	EASTER MONDAY	Vegetarian Coconut Curry Sauce With Chicken + Rice + Greek Salad	Pesto Pasta + Raw Veg & Dip	Mechado Braised Beef Stew + Rice	Egg Fried Rice + Raw Veg & Dip
APRIL 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum + Rice + Green Salad	Greek Inspired Pasta Bake + Greek Salad & Hummus	Vegetarian Cottage Pie + Mashed Potato + Green Salad	1/2 DAY SD62 Pizza Quesadilla + Caesar Salad
APRIL 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Lunch - Elementary	PRO D	Turkey Meatballs + Marinara Sauce + Egg Noodles + Raw Veg & Dip	Taco Salad + Spiced Beef & Beans + Corn Chips	Spiced Tomato & Squash Mac And Cheese + Green Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
APRIL/MAY 27-1	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	1
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage + Potato + Vegetable Hash + Greek Salad	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Chicken, Bean & Rice Enchilada + Green Salad	Vegetable Ratatouille Pasta Bake + Greek Salad

www.flourishschoolfood.ca

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ELEMENTARY MEAL INFO - APRIL 2026

APRIL 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Elementary	EASTER MONDAY	Vegetarian Coconut Curry Sauce With Chicken + Rice	Pesto Pasta	Mechado Braised Beef Stew + Rice	Egg Fried Rice
Entrée Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Soy, Mustard	Gluten, Dairy, Eggs, Soy	Gluten, Soy, Mustard	Soy, Egg
Dietary Restrictions		Made without Gluten, Dairy	Vegetarian	Made without Dairy	Made without Gluten, Dairy, Vegetarian
APRIL 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum + Rice	Greek Inspired Pasta Bake + Greek Salad & Hummus	Vegetarian Cottage Pie + Mashed Potato	1/2 DAY SD62 Pizza Quesadilla
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	2 unit/student
Common Allergens	Gluten, Eggs, Soy	Soy	Gluten, Eggs, Dairy, Soy HUMMUS : sesame	Mustard, Soy, Dairy	Gluten, Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs	Vegetarian	Made without Gluten, Eggs, Vegetarian	Vegetarian
APRIL 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Lunch - Elementary	PROD	Turkey Meatballs + Marinara Sauce + Egg Noodles	Taco Salad + Spiced Beef & Beans + Corn Chips	Spiced Tomato & Squash Mac And Cheese	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
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, Soy	Dairy, Soy	Gluten, Dairy, Eggs, Soy, Mustard Hummus: Sesame	Soy, Mustard
Dietary Restrictions		Made without Dairy	Made without Gluten	Vegetarian	Made without Gluten, Dairy, Eggs, Vegetarian
APRIL/MAY 27-1	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	1
Lunch - Elementary	Potato & Cheese Perogies	Turkey Sausage + Potato	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Chicken, Bean & Rice Enchilada	Vegetable Ratatouille Pasta Bake
Portion Size	4 Perogies	1 pan = 20-25 portions with 1/2 sausage each	1 pan = 20-25 portions	1/2 unit/student (precut in pan)	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy	Soy	Soy, Gluten, Eggs HUMMUS Contains Sesame	Gluten, Dairy, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs	Made without Dairy, Vegetarian		Vegetarian



MIDDLE/HIGH SCHOOL MENU - APRIL 2026

APRIL 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Mid/High	EASTER MONDAY	Vegetarian Coconut Curry Sauce With Chicken + Vegetables + Rice + Greek Salad	Pesto Pasta With Vegetables + Raw Veg & Dip	Mechado Braised Beef Stew + Rice + Green Salad	Egg Fried Rice + Raw Veg & Dip
APRIL 13-17	13	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum With Vegetables + Sushi Salad	Greek Style Pasta Bake + Greek Salad & Hummus	Vegetarian Cottage Pie + Mashed Potato + Green Salad	Pizza Quesadilla + Caesar Salad
APRIL 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Lunch - Mid/High	PRO D	Turkey Meatballs + Marinara Sauce + Egg Noodles + Raw Veg & Dip	Taco Salad + Spiced Beef & Beans + Corn Chips	Spiced Tomato & Squash Mac And Cheese + Green Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
APRIL/MAY 27-1	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	1
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage, Potato, Vegetable Hash + Greek Salad	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Chicken, Bean & Rice Enchilada + Green Salad	Vegetable Ratatouille Pasta Bake + Greek Salad

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MID/HIGH MEAL INFO - APRIL 2026

APRIL 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Lunch - Mid/High	EASTER MONDAY	Vegetarian Coconut Curry Sauce With Chicken + Vegetables + Rice	Pesto Pasta With Vegetables	Mechado Braised Beef Stew + Rice	Egg Fried Rice
Entrée Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Soy, Mustard	Gluten, Dairy, Eggs, Soy	Gluten, Soy, Mustard	Soy, Egg
Dietary Restrictions		Made without Gluten, Dairy	Vegetarian	Made without Dairy	Made without Gluten, Dairy, Vegetarian
APRIL 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Mid/High	Beef Bolognese + Penne	Roasted Chicken Drum With Vegetables + Sushi Salad	Greek Style Pasta Bake + Greek Salad & Hummus	Vegetarian Cottage Pie + Mashed Potato	Pizza Quesadilla
Portion Size	1 pan = 20-25 portions	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	2 unit/student
Common Allergens	Gluten, Eggs, Soy	Soy Salad: Mustard, Sesame	Gluten, Eggs, Dairy, Soy HUMMUS: sesame	Mustard, Soy, Dairy	Gluten, Dairy, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy	Vegetarian	Made without Gluten, Eggs, Vegetarian	Vegetarian
APRIL 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
Lunch - Mid/High	PRO D	Turkey Meatballs + Marinara Sauce + Egg Noodles	Taco Salad + Spiced Beef & Beans + Corn Chips	Spiced Tomato & Squash Mac And Cheese	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
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, Soy	Dairy, Soy	Gluten, Dairy, Eggs, Soy, Mustard Hummus: Sesame	Soy, Mustard
Dietary Restrictions		Made without Dairy	Made without Gluten	Vegetarian	Made without Gluten, Dairy, Eggs, Vegetarian
APRIL/MAY 27-1	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	1
Lunch - Mid/High	Potato & Cheese Perogies	Turkey Sausage + Potato + Vegetable Hash	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Chicken, Bean & Rice Enchilada	Vegetable Ratatouille Pasta Bake
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 unit/student (precut in pan)	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy	Soy	Soy, Gluten, Eggs HUMMUS Contains Sesame	Gluten, Dairy, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs	Made without Dairy, Vegetarian		Vegetarian