



ELEMENTARY MENU - MAY 2026

| MAY 4-8 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---------------------------------------|---|--|--|---|
| | 4 | 5 | 6 | 7 | 8 |
| Lunch - Elementary | Beef Bolognese + Penne + Caesar Salad | Vegetable Curry & Rice + Raw Veg & Hummus | Turkey Sausage + Roasted Potatoes + Green Salad | Butter Chicken Curry With Rice + Greek Salad | Marinara Pasta + Green Salad |
| MAY 11-15 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 11 | 12 | 13 | 14 | 15 |
| Lunch - Elementary | PRO D DAY | Chicken Cacciatore + Rice + Greek Salad | Pesto Pasta + Raw Veg & Hummus | Taco Salad + Spiced Beef & Beans + Corn Chips | Egg Fried Rice + Raw Veg & Dip |
| MAY 18-22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 18 | 19 | 20 | 21 | 22 |
| Lunch - Elementary | VICTORIA DAY STAT | Potato & Cheese Perogies + Caesar Salad | Roasted Chicken Drum + Rice + Green Salad | Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus | Braised Beef Stew + Greek Salad |
| MAY 25-29 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 25 | 26 | 27 | 28 | 29 |
| Lunch - Elementary | Beef Bolognese + Penne + Caesar Salad | Vegetable Curry & Rice + Raw Veg & Hummus | Vegetarian Cottage Pie + Mashed Potato + Greek Salad | Mechado Braised Beef Stew + Rice + Green Salad | Chicken Fajita Caserole + Raw Veg & Dip |

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 - MAY 2026

| MAY 4-8 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|------------------------|---|--|--|--|
| | 4 | 5 | 6 | 7 | 8 |
| Lunch - Elementary | Beef Bolognese + Penne | Vegetable Curry & Rice + Raw Veg & Hummus | Turkey Sausage + Roasted Potatoes | Butter Chicken Curry With Rice | Marinara Pasta |
| 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 | Soy | Soy, Mustard | Gluten, Dairy, Eggs, Soy |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Vegetarian | Made without Gluten, Dairy, Eggs | Made without Gluten, Dairy, Eggs. | Vegetarian |
| MAY 11-15 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 11 | 12 | 13 | 14 | 15 |
| Lunch - Elementary | PRO D DAY | Chicken Cacciatore + Rice | Pesto Pasta + Raw Veg & Hummus | Taco Salad + Spiced Beef & Beans + Corn Chips | Egg Fried 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 | | Soy | Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame | Dairy, Soy | Soy, Egg |
| Dietary Restrictions | | Made without Gluten, Dairy, Eggs | Vegetarian | Made without Gluten | Made without Gluten, Dairy, Vegetarian |
| MAY 18-22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 18 | 19 | 20 | 21 | 22 |
| Lunch - Elementary | VICTORIA DAY STAT | Potato & Cheese Perogies | Roasted Chicken Drum + Rice | Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus | Braised Beef Stew |
| Portion Size | | 4 Perogies | 1 pan = 20-25 portions | 1 pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | | Gluten, Dairy, Soy | Soy | Soy, Gluten, Eggs HUMMUS Contains Sesame | Gluten, Soy, Mustard |
| Dietary Restrictions | | Vegetarian | Made without Gluten, Dairy, Eggs | Made without Dairy, Vegetarian | Made without Dairy |
| MAY 25-29 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 25 | 26 | 27 | 28 | 29 |
| Lunch - Elementary | Beef Bolognese + Penne | Vegetable Curry & Rice + Raw Veg & Hummus | Vegetarian Cottage Pie + Mashed Potato | Mechado Braised Beef Stew + Rice | Chicken Fajita Caserole |
| 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 | Mustard, Soy, Dairy | Gluten, Soy, Mustard | Soy |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Vegetarian | Made without Gluten, Eggs, Vegetarian | Made without Dairy | Made without Gluten, Dairy |



MIDDLE/HIGH SCHOOL MENU - MAY 2026

| MAY 4-8 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---------------------------------------|---|---|--|----------------------------------|
| | 4 | 5 | 6 | 7 | 8 |
| Lunch - Mid/High | Beef Bolognese + Penne + Caesar Salad | Vegetable Curry & Rice + Raw Veg & Hummus | Turkey Sausage, Vegetable & Potato Hash + Green Salad | Butter Chicken Curry With Rice + Greek Salad | Vegetarian Lasagna + Green Salad |
| MAY 11-15 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 11 | 12 | 13 | 14 | 15 |
| Lunch - Mid/High | PRO D DAY | Chicken Cacciatore + Rice + Greek Salad | Pesto Pasta With Vegetables + Raw Veg & Hummus | Taco Salad + Spiced Beef & Beans + Corn Chips | Egg Fried Rice + Raw Veg & Dip |
| MAY 18-22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 18 | 19 | 20 | 21 | 22 |
| Lunch - Mid/High | VICTORIA DAY STAT | Potato & Cheese Perogies + Caesar Salad | Roasted Chicken Drum With Vegetables + Sushi Salad | Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus | Braised Beef Stew + Greek Salad |
| MAY 25-29 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 25 | 26 | 27 | 28 | 29 |
| Lunch - Mid/High | Beef Bolognese + Penne + Caesar Salad | Vegetable Curry & Rice + Raw Veg & Hummus | Vegetarian Cottage Pie + Mashed Potato + Greek Salad | Mechado Braised Beef Stew + Rice + Green Salad | Saucy Wings + Raw Veg & Dip |

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MID/HIGH MEAL INFO - MAY 2026

| MAY 4-8 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|------------------------|---|--|--|--|
| | 4 | 5 | 6 | 7 | 8 |
| Lunch - Mid/High | Beef Bolognese + Penne | Vegetable Curry & Rice + Raw Veg & Hummus | Turkey Sausage, Vegetable & Potato Hash | Butter Chicken Curry With Rice | Vegetarian Lasagna |
| 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 | Soy | Soy, Mustard | Gluten, Eggs, Dairy, Soy |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Vegetarian | Made without Gluten, Dairy, Eggs | Made without Gluten, Dairy, Eggs. | Vegetarian |
| MAY 11-15 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 11 | 12 | 13 | 14 | 15 |
| Lunch - Mid/High | PRO D DAY | Chicken Cacciatore + Rice | Pesto Pasta With Vegetables + Raw Veg & Hummus | Taco Salad + Spiced Beef & Beans + Corn Chips | Egg Fried 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 | | Soy | Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame | Dairy, Soy | Soy, Egg |
| Dietary Restrictions | | Made without Gluten, Dairy, Eggs | Vegetarian | Made without Gluten | Made without Gluten, Dairy, Vegetarian |
| MAY 18-22 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 18 | 19 | 20 | 21 | 22 |
| Lunch - Mid/High | VICTORIA DAY STAT | Potato & Cheese Perogies | Roasted Chicken Drum With Vegetables + Sushi Salad | Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus | Braised Beef Stew |
| Portion Size | | 4 Perogies | 1-2 drums/student (size dependant) | 1 pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | | Gluten, Dairy, Soy | Soy Salad: Mustard, Sesame | Soy, Gluten, Eggs HUMMUS Contains Sesame | Gluten, Soy, Mustard |
| Dietary Restrictions | | Vegetarian | Made without Gluten, Dairy | Made without Dairy, Vegetarian | Made without Dairy |
| MAY 25-29 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 25 | 26 | 27 | 28 | 29 |
| Lunch - Mid/High | Beef Bolognese + Penne | Vegetable Curry & Rice + Raw Veg & Hummus | Vegetarian Cottage Pie + Mashed Potato | Mechado Braised Beef Stew + Rice | Saucy Wings (Korean BBQ/Teryaki) |
| Portion Size | 1 pan = 20-25 portions | 1 pan = 20-25 portions | 1 pan = 20-25 portions | 1 pan = 20-25 portions | 5 Wings per portion |
| Common Allergens | Gluten, Eggs, Soy | Soy, Mustard HUMMUS Contains Sesame | Mustard, Soy, Dairy | Gluten, Soy, Mustard | Gluten, Soy |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Vegetarian | Made without Gluten, Eggs, Vegetarian | Made without Dairy | Dairy |