



## ***ELEMENTARY MENU - JUNE 2026***

JUNE 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Peas + Greek Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Pesto Pasta + Raw Veg & Hummus	Chicken Shawarma Salad + Rice
JUNE 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Cottage Pie + Mashed Potato + Green Salad	Turkey Sausage Maranara Pasta + Greek Salad	Egg Fried Rice + Raw Veg & Dip
JUNE 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Korean Chicken Stew (DAKDORITANG) + Green Salad	Vegetable Ratatouille Pasta Bake + Watermelon Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
JUNE 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Turkey Meatballs + Marinara Sauce + Egg Noodles + Roasted Squash Salad	Tofu Alfredo Fettuccine + Tabbouleh Style Salad	Pizza Quesadilla + Caesar Salad	HAVE A GREAT SUMMER!!!

***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 - JUNE 2026**

JUNE 1-5					
	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Turkey Sausage Hash With Peas	Taco Salad + Spiced Beef & Beans + Corn Chips	Pesto Pasta + Raw Veg & Hummus	Chicken Shawarma Salad + Rice
<b>Entrée 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	Dairy	Dairy, Soy	Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame	Diary, Sesame, Gluten
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Eggs	Made without Gluten	Vegetarian	Made without Eggs
JUNE 8-12					
	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Cottage Pie + Mashed Potato	Turkey Sausage Maranara Pasta	Egg Fried Rice
<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	Mustard, Soy, Dairy	Gluten, Eggs, Dairy, Soy, Dressing Contains Dairy	Soy, Egg
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Gluten, Eggs, Vegetarian		Made without Gluten, Dairy, Vegetarian
JUNE 15-19					
	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Korean Chicken Stew (DAKDORITANG)	Vegetable Ratatouille Pasta Bake + Watermelon Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
<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, Eggs, Sesame HUMMUS Contains Sesame	Soy, Mustard, Sesame	Gluten, Dairy, Eggs, Soy	Soy, Mustard
<b>Dietary Restrictions</b>	Vegetarian	Made without Dairy, Vegetarian	Made without Dairy	Vegetarian	Made without Gluten, Dairy, Eggs, Vegetarian
JUNE 22-26					
	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Turkey Meatballs + Marinara Sauce + Egg Noodles + Roasted Squash Salad	Tofu Alfredo Fettuccine + Tabbouleh Style Salad	Pizza Quesadilla	HAVE
<b>Portion Size</b>	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	2 unit/student	A
<b>Common Allergens</b>	Gluten, Eggs, Soy	Gluten, Eggs, Soy	Gluten, Egg, Soy, Dairy	Gluten, Dairy, Soy	GREAT
<b>Dietary Restrictions</b>	Made without Dairy	Made without Dairy	Vegetarian	Vegetarian	SUMMER!!!



## **MIDDLE/HIGH SCHOOL MENU - JUNE 2026**

JUNE 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Vegetables + Greek Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Pesto Pasta With Vegetables + Raw Veg & Hummus	Chicken Shawarma Salad + Rice
JUNE 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Cottage Pie + Mashed Potato + Green Salad	Turkey Sausage Maranara Pasta + Greek Salad	Egg Fried Rice + Raw Veg & Dip
JUNE 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies + Caesar Salad	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Korean Chicken Stew (DAKDORITANG) + Green Salad	Vegetable Ratatouille Pasta Bake + Watermelon Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
JUNE 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne + Caesar Salad	Turkey Meatballs + Marinara Sauce + Egg Noodles + Roasted Squash Salad	Tofu Alfredo Fettuccine + Tabbouleh Style Salad	Pizza Quesadilla + Caesar Salad	HAVE A GREAT SUMMER!!!!

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## MID/HIGH MEAL INFO - JUNE 2026

JUNE 1-5					
	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies	Turkey Sausage Hash With Vegetables	Taco Salad + Spiced Beef & Beans + Corn Chips	Pesto Pasta With Vegetables + Raw Veg & Hummus	Chicken Shawarma Salad + Rice
<b>Entrée 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	Dairy	Dairy, Soy	Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame	Diary, Sesame, Gluten
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Eggs	Made without Gluten	Vegetarian	Made without Eggs
JUNE 8-12					
	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne	Vegetable Curry & Rice + Raw Veg & Hummus	Vegetarian Cottage Pie + Mashed Potato	Turkey Sausage Maranara Pasta + Greek Salad	Egg Fried Rice
<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	Mustard, Soy, Dairy	Gluten, Eggs, Dairy, Soy, Dressing Contains Dairy	Soy, Egg
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Vegetarian	Made without Gluten, Eggs, Vegetarian		Made without Gluten, Dairy, Vegetarian
JUNE 15-19					
	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies	Vegetarian Chow Mein + Teryaki Tofu + Raw Veg & Hummus	Korean Chicken Stew (DAKDORITANG)	Vegetable Ratatouille Pasta Bake + Watermelon Salad	Red Coconut Curry Sauce + Rice + Raw Veg & Hummus
<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, Eggs, sesame HUMMUS Contains Sesame	Soy, Mustard, Sesame	Gluten, Dairy, Eggs, Soy	Soy, Mustard
<b>Dietary Restrictions</b>	Vegetarian	Made without Dairy, Vegetarian	Made without Dairy	Vegetarian	Made without Gluten, Dairy, Eggs, Vegetarian
JUNE 22-26					
	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne	Turkey Meatballs + Marinara Sauce + Egg Noodles + Roasted Squash Salad	Tofu Alfredo Fettuccine + Tabbouleh Style Salad	Pizza Quesadilla	HAVE
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<b>Common Allergens</b>	Gluten, Eggs, Soy	Gluten, Eggs, Soy	Gluten, Egg, Soy, Dairy	Gluten, Dairy, Soy	GREAT
<b>Dietary Restrictions</b>	Made without Dairy	Made without Dairy	Vegetarian	Vegetarian	SUMMER!!!