



ELEMENTARY MENU - SEPTEMBER 2026

SEPTEMBER 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Lunch - Elementary	LABOUR DAY	WELCOME BACK (no lunch service this week)			
SEPTEMBER 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Lunch - Elementary	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken* Fajita Casserole + Green Salad	Pesto Pasta + Greek Salad	Mechado Braised Beef Stew + Tebbouleh Salad
SEPTEMBER 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Elementary	PRO D DAY	Vegetable Stirfry With Rice & Teryaki Chicken Thighs* + Greek Salad	Beef* Bolognese Pasta + Green Salad	Egg Fry Rice + Raw Veg	Vegetarian Cottage Pie + Green Salad
SEPT 28 - OCT 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Lunch - Elementary	Cabbageroll Meatballs (Beef*) & Pasta + Caesar Salad	Jerk Spiced Tofu & Black Bean Rice + Raw Veg	TRUTH AND RECONCILIATION DAY	Vegetarian Lasagna + Roasted Squash Salad	Pizza Quesadillas + Green Salad

www.flourishschoolfood.ca

ALLERGY NOTE -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.** 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.

DIETARY PREFERENCE NOTE -Everything on this menu is HALAL except the Mechado Braised Beef Stew. All other *Meat provided by Berryman Brothers is HALAL. For vegetarians, we always make sure to provide a fulsome salad and work to keep our meals vegetarian at least 50% of the time.

ELEMENTARY MEAL INFO - SEPTEMBER 2026

SEPT 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Lunch - Elementary	Marinara Pasta With Egg Noodles	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken* Fajita Casserole	Pesto Pasta + Greek Salad	Mechado Braised Beef Stew
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, Mustard HUMMUS Contains Sesame	Soy	Gluten, Dairy, Eggs, Soy Greek Dressing Contains Dairy	Gluten, Mustard, Soy
Dietary Restrictions	Vegetarian	Vegetarian, Made Without Gluten	HALAL, Made Without Dairy, Gluten, Eggs	Vegetarian	Made Without Dairy
SEPT 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Elementary	PRO D DAY	Vegetable Stirfy With Rice & Teryaki Chicken Thighs* + Greek Salad	Beef* Bolognase Pasta	Egg Fry Rice	Vegetarian Cottage Pie
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 Greek Dressing Contains Dairy	Gluten, Eggs, Soy	Soy, Egg	Dairy, Soy
Dietary Restrictions		HALAL, Made Without Dairy, Gluten, Eggs	HALAL, Made Without Dairy	Vegetarian, Made without Gluten, Dairy	Vegetarian
SEPT 28 - OCT 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Lunch - Elementary	Cabbageroll Meatballs (Beef*) & Pasta	Jerk Spiced Tofu & Black Bean Rice	TRUTH AND RECONCILIATION DAY	Vegetarian Lasagna	Pizza Quesadillas
Portion Size	1 meatball per student	1 pan = 20-25 portions		1 pan = pre-cut 25 portions	2 pieces per student
Common Allergens	Eggs, Mustard, Soy, Gluten	Soy		Gluten, Dairy, Soy, Eggs	Gluten, Dairy, Soy
Dietary Restrictions	HALAL, Made Without Dairy	Vegetarian, Made Without Dairy, Gluten, Eggs		Vegetarian	Vegetarian
www.flourishschoolfood.ca					



MIDDLE/HIGH SCHOOL MENU - SEPTEMBER 2026

SEPTEMBER 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Lunch - Mid/High	LABOUR DAY	WELCOME BACK (no lunch service this week)			
SEPTEMBER 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Lunch - Mid/High	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken* Fajita Casserole + Bean Salad	Pesto Pasta + Greek Salad	Mechado Braised Beef Stew + Tebbouleh Salad
SEPTEMBER 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Mid/High	PRO D DAY	Vegetable Stirfy With Rice & Teryaki Chicken Thighs* + Greek Salad	Beef* Bolognese Pasta + Green Salad	Egg Fry Rice + Raw Veg	Vegetarian Cottage Pie + Green Salad
SEPT 28 - OCT 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Lunch - Mid/High	Cabbageroll Meatballs (Beef*) & Pasta + Caesar Salad	Jerk Spiced Tofu & Black Bean Rice + Raw Veg	TRUTH AND RECONCILIATION DAY	Vegetarian Lasagna + Roasted Squash Salad	Pizza Quesadillas + Sushi Salad

www.flourishschoolfood.ca

ALLERGY NOTE -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, threatening allergies not participate in our program**. 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.

DIETARY PREFERENCE NOTE -Everything on this menu is HALAL except the Mechado Braised Beef Stew. All other *Meat provided by Berryman Brothers is HALAL. For vegetarians, we always make sure to provide a fulsome salad and work to keep our meals vegetarian at least 50% of the time.

MID/HIGH MEAL INFO - SEPTEMBER 2026

SEPTEMBER 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Lunch - Mid/High	Marinara Pasta With Egg Noodles	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken* Fajita Casserole	Pesto Pasta + Greek Salad	Mechado Braised Beef Stew + Tebbouleh Salad
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, Mustard HUMMUS Contains Sesame	Soy	Gluten, Dairy, Eggs, Soy Greek Dressing Contains Dairy	Gluten, Mustard, Soy
Dietary Restrictions	Vegetarian	Vegetarian, Made Without Gluten	HALAL, Made Without Dairy, Gluten, Eggs	Vegetarian	Made Without Dairy
SEPTEMBER 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Lunch - Mid/High	PRO D DAY	Vegetable Stirfy With Rice & Teryaki Chicken Thighs* + Greek Salad	Beef* Bolognese Pasta	Egg Fry Rice	Vegetarian Cottage Pie
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 Greek Dressing Contains Dairy	Gluten, Eggs, Soy	Soy, Egg	Dairy, Soy
Dietary Restrictions		HALAL, Made Without Dairy, Gluten, Eggs	HALAL, Made Without Dairy	Vegetarian, Made without Gluten, Dairy.	Vegetarian
SEPT 28 - OCT 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Lunch - Mid/High	Cabbageroll Meatballs (Beef*) & Pasta	Jerk Spiced Tofu & Black Bean Rice	TRUTH AND RECONCILIATION DAY	Vegetarian Lasagna + Squash Salad	Pizza Quesadillas + Sushi Salad
Portion Size	1 meatball per student	1 pan = 20-25 portions		1 pan = pre-cut 25 portions	2 pieces per student
Common Allergens	Eggs, Mustard, Soy, Gluten	Soy		Gluten, Dairy, Soy, Eggs	Gluten, Dairy, Soy Sushi Salad Contains Mustard, Sesame.
Dietary Restrictions	HALAL, Made Without Dairy	Vegetarian, Made Without Dairy, Gluten, Eggs.		Vegetarian.	Vegetarian.
www.flourishschoolfood.ca					