



**Flourish!**

School Food Society

**FLOURISH! MENU - APRIL 2024**

April 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
<b>Breakfast</b>	STAT	NON INSTRUCTIONAL DAY	Banana Bread + Fruit	Parfait (granola, yogurt, fruit compote)	Oatmeal Cookie + Fruit
<b>Snack</b>					
<b>Lunch - Secondary</b>			Chicken Drums & Rice (GF) + Green Salad	Pizza Quesadilla (tomato sauce, cheese, pepperoni (beef), peppers) + Greek Salad	Veggie Lasagna + Caesar Salad
<b>Lunch - Elementary</b>			Chicken Drums & Rice (GF) + Green Salad	Pizza Quesadilla (Tomato sauce, cheese) + Greek Salad	Buttered Pasta + Veg Tomato Sauce + Caesar Salad
April 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
<b>Breakfast</b>	Oat Power Squares (GF) + Yogurt Cups	Raspberry Scones + Fruit	Banana Bread	Morning Glory Muffin + Fruit	Cheese Cornbread
<b>Snack</b>					
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dal	Chicken Noodle Soup + Green Salad	Egg Fried Rice (GF) + Ham + Greek Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato (GF) + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Ranch	Chicken Noodle Soup + Green Salad	Egg Fried Rice/Rice + Ham + Greek Salad
April 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
<b>Breakfast</b>	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Cereal Bar (GF) + Fruit	PRO D DAY - SD62 ONLY
<b>Snack</b>					
<b>Lunch - Secondary</b>	Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad (GF)	Cauliflower Mac & Cheese + Raw Veg & Hummus	Mexican Vegetable 'Lasagna' (GF)+ Caesar Salad	Meatballs (Pork) + Tabouleh (GF) + Hummus & Pita
<b>Lunch - Elementary</b>	Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad	Mac & Cheese + Raw Veg & Hummus	Mexican Vegetable 'Lasagna' (GF)+ Caesar Salad	Meatballs (Pork) & Pasta + Raw Veg & Dip
April 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<b>Breakfast</b>	Oat Power Squares (GF)+ Yogurt Cups	Raspberry Scones + Fruit	Banana Bread	Vegetable Frittata Muffin (GF)	Parfait (GF) (granola, yogurt, stewed fruit)
<b>Snack</b>					
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Potato, Vegetable Hash + Raw Vegetables & Dip	Vegetable Stirfry with Soy Curls (GF)+ Green Salad	Pasta Primavera + Greek Salad	Shepards Pie (Beef) + Green Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Roasted Potato, Steamed Vegetables + Raw Vegetables & Dip	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Green Salad	Pasta + Cream Sauce + Steamed Vegetables + Greek Salad	Shepards Pie Mix + Smashed Potatoes + Green Salad

[www.flourishschoolfood.ca](http://www.flourishschoolfood.ca)