



Flourish!

— School Food Society —

FLOURISH! MENU - MARCH 2024

March 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookie + Fruit	Banana Bread	Apple Cinnamon Bread Pudding + Fruit	Green Smoothy Muffin
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dal	Chicken 'Pot Pie' + Greek Salad	Veggie Lasagna + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad (GF)
Lunch - Elementary	Beef Bolognese & Penne + Caesar Salad	Vegetable Curry & Rice (GF) + Raw Veg & Ranch	Roasted Chicken, Vegetables & Potatoes (GF)+ Greek Salad	Buttered Pasta + Veg Tomato Sauce + Caesar Salad	Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad
March 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
Breakfast Snack	Oat Power Squares (GF)+ Yogurt Cups	Blueberry Scones + Fruit	Banana Bread	Morning Glory Muffin + Fruit	Cereal Bar (GF)
Lunch - Secondary	Perogies & Sausage + Caesar Salad	Vegetable Stirfry with Soy Curls (GF)+ Green Salad	Weiners (Beef)+ Roasted Potoatoes + Greek Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus	Irish Stew (Beef) (GF) + Soda Bread + Green Salad
Lunch - Elementary	Perogies & Sausage + Caesar Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Green Salad	Weiners (Beef) + Roasted Potoatoes + Greek Salad	Mac & Cheese + Raw Veg & Hummus	Braised Beef, Roasted Vegetables & Potatoes (GF)+ Green Salad
March 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
	18	19	20	21	22
No School	SPRING BREAK				
March 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
	25	26	27	28	29
No School	SPRING BREAK				

www.flourishschoolfood.ca