



Flourish!
— School Food Society —

FLOURISH! MENU - FEB 2024

Feb 5-9	Monday	Tuesday	Wednesday	Thursday	Friday - Chinese New Year!
	5	6	7	8	9
Breakfast Snack	Granola Bars + Yogurt Cups	Oatmeal Cookie + Fruit	Banana Bread	Morning Glory Muffin + Fruit	Mooncake Cookies + Fruit
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Teryaki Chicken Breast + Steamed Vegetables + Sushi Salad	Creamy Tomato Soup + Cheddar Scones + Greek Salad	Beef Stroganoff + Roasted Potatoes & Vegetable + Raw Veg & Dip	Hoisin Chicken Drums + Vegetable Fried Rice + Sesame Orange Green Salad
Lunch - Elementary	Beef Bolognese & Penne + Caesar Salad	Teryaki Chicken Breast + Rice + Green Salad	Creamy Tomato Soup + Cheddar Scones + Greek Salad	Braised Beef + Roasted Potatoes & Vegetables + Raw Veg & Dip	Chicken Drums + Vegetable Fried Rice/Rice + Green Salad
Feb 12-16	Monday	Tuesday	Wednesday - Happy Valentines	Thursday	Friday
	12	13	14	15	16
Breakfast Snack	Oat Power Squares + Yogurt Cups	Raspberry Scones + Fruit	Strawberry & Chocolate Oat Bar + Fruit	Green Smoothy-Muffin	NON INSTRUCTIONAL DAY
Lunch - Secondary	Perogies & Sausage + Caesar Salad	Weiners (Beef) + Roasted Potoatoes + Greek Salad	Roasted Chicken Breast + Black Rice Pilaf + Green Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus	
Lunch - Elementary	Perogies & Sausage + Caesar Salad	Weiners (Beef) + Roasted Potoatoes + Greek Salad	Roasted Chicken Breast + Black Rice Pilaf + Green Salad	Mac & Cheese + Raw Veg & Hummus	
Feb 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Breakfast Snack	STAT	Granola Bars + Yogurt Cups	Parfait (granola, yogurt, stewed fruit)	Banana Bread	Cereal Bar + Fruit
Lunch - Secondary		Teriaki Chicken, Vegetables & Rice + Green Salad	Mexican Vegetable 'Lasagna' + Caesar Salad	Meatballs (Pork) + Tabouleh + Hummus & Pita	Vegetable Alfredo Pasta Bake + Greek Salad
Lunch - Elementary		Teriaki Chicken, Vegetables & Rice + Green Salad	Mexican Vegetable 'Lasagna' + Caesar Salad	Meatballs (Pork) + Raw Veg & Hummus + Pita	Pasta + Cream Sauce + Steamed Vegetables + Greek Salad
Feb 16-Mar 1	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	1
Breakfast Snack	Oat Power Squares + Yogurt Cups	Raspberry Scones + Fruit	Banana Bread	Apple Cinnamon Bread Pudding + Fruit	Parfait (granola, yogurt, stewed fruit)
Lunch - Secondary	Perogies & Sausage + Green Salad	Roasted Chicken Drum & Rice + Caesar Salad	Shepards Pie (Beef) + Green Salad	Salmon Chowder + Scones + Raw Veg & Hummus	Cheese, Bean & Veg Quesadilla + 'Greek' Salad
Lunch - Elementary	Perogies & Sausage + Green Salad	Roasted Chicken Drum & Rice + Caesar Salad	Shepards Pie (Beef) + Green Salad	Salmon Chowder + Scones + Raw Veg & Hummus	Cheese Quesadilla + 'Greek' Salad
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