



**Flourish!**  
— School Food Society —

**FLOURISH! MENU - JAN 2024**

Jan 8-12	Monday	Tuesday	Wednesday	Thursday	Friday
	8	9	10	11	12
<b>Breakfast Snack</b>	Granola Bars + Yogurt Cups	Oatmeal Cookie + Fruit	Banana Bread	Blueberry Scone + Fruit	Apple & Squash Muffin
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drums + Rice + Greek Salad	Cheese, Bean & Veg Quesadilla + Green Salad	Veggie Lasagna + Caesar Salad	Shepards Pie (Beef) + Raw Veg & Dip
<b>Lunch - Elementary</b>	Beef Bolognese & Penne + Caesar Salad	Roasted Chicken Drums + Rice + Greek Salad	Cheese Quesadilla + Green Salad	Buttered Pasta + Veg Tomato Sauce + Caesar Salad	Shepards Pie (Beef) filling & Smashed Potatoes + Raw Veg & Dip
Jan 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
<b>Breakfast Snack</b>	Oat Power Squares + Yogurt Cups	Pumpkin Spice Cookies	Banana Bread	Green Smoothy-Muffin + Fruit	Apple Cinnamon Bread Pudding
<b>Lunch - Secondary</b>	Perogies & Sausage + Caesar Salad	Weiners (Beef)+ Roasted Potoatoes + Greek Salad	Butter Chicken + Steamed Veg + Rice +Green Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus	Meatloaf (Chicken) & Roasted Carrots + Green Salad
<b>Lunch - Elementary</b>	Perogies & Sausage + Caesar Salad	Weiners (Beef) + Roasted Potoatoes + Greek Salad	Braised Chicken & Curry Sauce + Steamed Veg + Rice + Green Salad	Mac & Cheese + Raw Veg & Hummus	Meatloaf (Chicken) & Roasted Carrots + Green Salad
Jan 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
	22	23	24	25	26
<b>Breakfast Snack</b>	Granola Bars + Yogurt Cups	Blueberry Scones + Fruit	Banana Bread	Cereal Bar + Fruit	Parfait (granola, yogurt, stewed fruit)
<b>Lunch - Secondary</b>	Beef Bolognese & Penne + Caesar Salad	Teriaki Chicken, Vegetables & Rice + Green Salad	Meatballs (Pork) + Tabouleh + Hummus & Pita	Pizza Quesadilla (tomato sauce, cheese, pepperoni (beef), peppers) + Greek Salad	Tamale Pie + Caesar Salad
<b>Lunch - Elementary</b>	Beef Bolognese & Penne + Caesar Salad	Teriaki Chicken, Vegetables & Rice + Green Salad	Meatballs (Pork) + Raw Veg & Hummus + Pita	Pizza Quesadilla (Tomato sauce, cheese) + Greek Salad	Chili (Beef) + Cornbread + Caesar Salad
Jan 29-Feb 2	Monday	Tuesday	Wednesday	Thursday	Friday
	29	30	31	1	2
<b>Breakfast Snack</b>	Oat Power Squares + Yogurt Cups	Cheddar Scones + Fruit	Banana Bread	Apple Cinnamon Bread Pudding + Fruit	Parfait (granola, yogurt, stewed fruit)
<b>Lunch - Secondary</b>	Perogies & Sausage + Green Salad	Roasted Chicken Drum & Rice + Caesar Salad	Vegetable Curry + Rice + Raw Veg & Dal	Veggie Lasagna + Caesar Salad	Shepards Pie (Beef) + Green Salad
<b>Lunch - Elementary</b>	Perogies & Sausage + Green Salad	Roasted Chicken Drum & Rice + Caesar Salad	Vegetable Curry + Rice + Raw Veg & Ranch	Buttered Pasta + Veg Tomato Sauce + Caesar Salad	Shepards Pie (Beef) filling & Smashed Potatoes + Green Salad

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