



**Flourish!**  
— School Food Society —

**FLOURISH! MENU - MAY 2024**

April 29-May 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Breakfast</b>	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookie + Fruit	Banana Bread + Fruit	Green Smoothy-Muffin + Fruit	Parfait (granola, yogurt, fruit compote)
<b>Snack</b>					
<b>Lunch - Secondary</b>	Perogies & Sausage + Caesar Salad	Chicken Drums & Rice (GF) + Green Salad	Cauliflower Mac & Cheese + Greek Salad	Sun-dried tomato, feta, spinach pork sausage + roasted veg & potatoes + raw veg & dip	Veggie Lasagna + Green Salad
<b>Lunch - Elementary</b>	Perogies & Sausage + Caesar Salad	Chicken Drums & Rice (GF) + Green Salad	Mac & Cheese + Greek Salad	Hot Dogs (Beef) & Roasted Potato + Raw Veg & Dip	Buttered Pasta + Veg Tomato Sauce + Green Salad
May 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b>	Oat Power Squares (GF) + Yogurt Cups	Rhubarb Scones + Fruit	Banana Bread	Morning Glory Muffin + Fruit	Cereal Bar (GF) + Fruit
<b>Snack</b>					
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Hummus	Cheese, Bean & Veg Quesadilla + Black Bean Salad	Teriaki Chicken, Vegetables & Rice + Green Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato (GF) + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Ranch	Cheese Quesadilla + Black Bean Salad	Teriaki Chicken, Vegetables & Rice + Green Salad
May 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b>	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Rhubarb Muffins + Fruit	NON INSTRUCTIONAL DAY
<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	
<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	
May 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Breakfast</b>	STAT	Rhubarb Scones + Fruit	Banana Bread	Vegetable Frittata Muffin (GF)	Parfait (GF) (granola, yogurt, stewed fruit)
<b>Snack</b>					
<b>Lunch - Secondary</b>		Pork Sausage, Potato, Vegetable Hash + Caesar Salad	Vegetable Stirfry with Soy Curls (GF)+ Raw Veg and Dip	Pasta Primavera + Spinach & Strawberry Salad	Shepards Pie (Beef) + Greek Salad
<b>Lunch - Elementary</b>		Pork Sausage, Roasted Potato, Steamed Vegetables + Caesar Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Raw Veg & Dip	Pasta + Cream Sauce + Steamed Vegetables + Green Salad	Shepards Pie Mix + Smashed Potatoes + Greek Salad
May 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Breakfast</b>	Oat Power Squares (GF)+ Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Cereal Bar (GF) + Fruit	Parfait (GF) (granola, yogurt, stewed fruit)
<b>Snack</b>					
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Hummus	Cauliflower Mac & Cheese + Greek Salad	Meatloaf (Chicken) & Roasted Carrots + Green Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Chicken Drums & Roasted Potato (GF) + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Ranch	Mac & Cheese + Greek Salad	Meatloaf (Chicken) & Roasted Carrots + Green Salad