



Flourish!

School Food Society

FLOURISH! MENU - JUNE 2024

June 3 - 7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Rhubarb Scone + Fruit	Banana Bread	Green Smoothy- Muffin + Fruit	Cheese Cornbread
Lunch - Secondary	Perogies & Sausage + Caesar Salad	Chicken Drums & Rice (GF) + Greek Salad	Tofu, Potato, Vegetable Hash (GF)+ Green Salad	Teryaki Chicken Meatballs + Rice + Vegetables + Greek Salad	Veggie Lasagna + Raw Veg & Dip
Lunch - Elementary	Perogies & Sausage + Caesar Salad	Chicken Drums & Rice (GF) + Greek Salad	Tofu, Potato, Vegetable Hash (GF) + Green Salad	Teryaki Chicken Meatballs + Rice + Vegetables + Greek Salad	Buttered Pasta + Veg Tomato Sauce + Raw Veg & Dip
June 10 - 14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Breakfast Snack	Oat Power Squares (GF) + Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Morning Glory Muffin + Fruit	Cereal Bar (GF) + Fruit
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Potato, Vegetable Hash (GF)+ Green Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip	Cauliflower Mac & Cheese + Greek Salad	Roasted Greek Style Chicken Thighs + Vegetables (GF)+ Pasta Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip	Mac & Cheese + Greek Salad	Roasted Chicken Thighs + Vegetables (GF) + Pasta Salad
June 17 - 21	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Raspberry Scones + Fruit	Banana Bread	Rhubarb Muffins + Fruit	Parfait (GF) (granola, yogurt, stewed fruit)
Lunch - Secondary	Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad (GF)	Salmon Cakes + Roasted Vegetables + Potato Salad	Summer Vegetable Ratatouille Pasta Bake + Caesar	Egg Fried Rice (GF) + Ham + Raw Veg & Dip
Lunch - Elementary	Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad	Roasted Chicken Breast + Vegetables & Potatoes + Raw Veg & Dip + Candied Salmon	Summer Vegetable Ratatouille + Pasta + Caesar	Egg Fried Rice/Rice (GF) + Ham + Raw Veg & Dip
June 24 - 28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
Breakfast Snack	Oat Power Squares (GF)+ Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Granola Bars (GF) + Fruit	NON INSTRUCTIONAL DAY
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Vegetable Stirfry with Soy Curls (GF)+ Raw Veg and Dip	Cheese, Bean & Veg Quesadilla + Black Bean Salad	
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Raw Veg and Dip	Cheese Quesadilla + Black Bean Salad	