



Flourish!
— School Food Society —

FLOURISH! MENU - SEPTEMBER 2024

September 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Breakfast Snack	Yogurt Cup & Oat Power Square (GF)	Cheese Scones	Oatmeal Cookies & Fruit Leather	Chocolate Zucchini Muffins	Apple Cinnamon Breakfast Bars
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Potato, Vegetable Hash (GF)+ Green Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip	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
September 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Breakfast Snack	Granola & Yogurt Parfait (GF)	Whole Wheat Sugar Cookies & Fruit Leather	Banana Bread	Breakfast Frittata Muffin (GF)	Pineapple Coconut Breakfast Squares
Lunch - Secondary	Perogies & Sausage + Caesar Salad	Teryaki Chicken Meatballs + Rice + Green Salad	Shepards Pie (Beef) + Greek Salad	Vegetable Stirfry with Soy Curls (GF)+ Raw Veg and Dip	Mexican Vegetable 'Lasagna' (GF)+ Green Salad
Lunch - Elementary	Perogies & Sausage + Caesar Salad	Teryaki Chicken Meatballs + Rice + Green Salad	Shepards Pie Mix + Smashed Potatoes + Greek Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Raw Veg & Dip	Mexican Vegetable 'Lasagna' (GF)+ Green Salad
September 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Breakfast Snack	PRO D DAY	Yogurt Cup & Oat Power Square (GF)	Cheesy Scones	Pear Ginger Squares & Fruit	Bannock and Blackberry Jam
Lunch - Secondary		Pork Sausage, Potato, Vegetable Hash (GF)+ Green Salad	Summer Vegetable Ratatouille Pasta Bake + Caesar	Chicken Drums & Rice (GF) + Greek Salad	TBA
Lunch - Elementary		Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Summer Vegetable Tomato Sauce + Pasta + Caesar	Chicken Drums & Rice (GF) + Greek Salad	TBA
Sept 30-Oct 4	Monday	Tuesday	Wednesday	Thursday	Friday
	30	1	2	3	4
Breakfast Snack	TRD STAT	Granola Bars & Fruit Leather (GF)	Apple Cinnamon Scones	Chocolate Zucchini Muffins	Granola & Yogurt Parfait (GF)
Lunch - Secondary		Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad	Cheese, Bean & Veg Quesadilla + Black Bean Salad	Veggie Lasagna + Raw Veg & Dip
Lunch - Elementary		Perogies & Sausage + Caesar Salad	Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad	Cheese Quesadilla + Black Bean Salad	Buttered Pasta + Veg Tomato Sauce + Raw Veg & Dip