



## **FLOURISH! MENU - OCTOBER 2024**

October 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
<b>Breakfast Snack</b>	Granola Bars + Yogurt Cups	Oatmeal Cookie + Fruit	Pumpkin Spice Muffins	Cheese Cornbread + Fruit	Banana Bread
<b>Lunch - Middle/High</b>	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Potato, Vegetable Hash (GF)+ Green Salad	Italian Rice Pilaf (GF) + Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Chicken & Root Vegetable Pot Pie + Green Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Vegetable Rice Pilaf (GF) + Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Braised Chicken, Root Vegetables, Smashed Potatoes (GF)+ Green Salad
October 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
<b>Breakfast Snack</b>	THANKSGIVING DAY	Mixed Berry Scone	Frittata Muffins (GF) + Fruit	Yogurt & Granola Parfait	Pear Ginger Squares
<b>Lunch - Middle/High</b>		Cabbage Roll Casserole (Beef) + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad	Mac & Cheese + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip
<b>Lunch - Elementary</b>		Cabbage Roll Casserole (Beef) + Caesar Salad	Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad	Mac & Cheese + Greek Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip
October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Cheese Scones	Whole Wheat Sugar Cookies + Fruit	Mini Quiche (GF) + Fruit Leather	PRO D DAY
<b>Lunch - Middle/High</b>	Beef Bolognese + Penne + Caesar Salad	Pork Sausage, Potato, Vegetable Hash (GF)+ Green Salad	Vegetarian Chow Mein + Raw Veg & Dip	Veggie Lasagna + Greek Salad	
<b>Lunch - Elementary</b>	Perogies + Caesar Salad	Pork Sausage, Roasted Potato (GF), Vegetables + Green Salad	Steamed Vegetables + Soy Curls + Chow Mein Noodles + Raw Veg & Dip	Buttered Pasta + Veg Tomato Sauce + Greek Salad	
October 28-Nov 1	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	1
<b>Breakfast Snack</b>	Granola Bar (GF)+ Yogurt Cup	Mixed Berry Scones	Banana Bread + Fruit	Pumpkin Spice Muffins	Granola & Yogurt Parfait (GF)
<b>Lunch - Middle/High</b>	Perogies + Caesar Salad	Vegetable Stirfry with Soy Curls (GF)+ Green Salad	Pizza Pasta Bake (Beef) + Greek Salad	Polka Dot Potato Bake (Beef) (GF) + Caesar Salad	Egg Fried Rice (GF)+ Raw Veg & Dip
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Green Salad	Pizza Pasta Bake (Beef) + Greek Salad	Polka Dot Potato Bake (Beef) (GF) + Caesar Salad	Egg Fried Rice (GF) + Raw Veg & Dip