| F  | LOURISH!   | <b>MEAL INF</b>  | ю <i>- осто</i>  | BER 2024  | 4   |
|--|--|--|--|---|---|
| October 7-11   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|  | 7  | 8  | 9  | 10  | 11  |
| Lunch -  |  | Pork Sausage +   | Vegetable Rice   | Mexican Vegetable   | Braised Chicken,  |
| Elementary   | Beef Bolognese   | Roasted Potato +   | Pilaf  | 'Lasagna'   | Root Vegtables,   |
| Entrée   |  | Vegetables   |  |   | Smashed Potatoes  |
|  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions   | 1 pan = 20-25<br>portions   |
| Portion Size   | portions   | portions   | portions   |   | portions  |
| Common   | Gluten, Eggs   | N/A  | N/A  | Dairy   | Dairy   |
| Allergens  |  |  |  |   | ,   |
| Dietary  |  | Contains Pork,   | Made without   | Made without  | Made without  |
| Restrictions   | Made without Dairy   | Made without<br>Gluten or Dairy  | Gluten or Dairy,<br>Vegetarian   | Gluten, Vegetarian  | Gluten  |
| October 14-18  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|  | 14   | 15   | 16   | 17  | 18  |
| Lunch -  |  | Cabbage Roll   | Roasted Chicken  |   | Coconut Curry   |
| Elementary   | THANKSGIVING   | Casserole (Beef)   | Drum, Rice &<br>Steamed Vegetables   | Mac & Cheese  | Sauce + Steam<br>Vegetables + Rice  |
| Portion Size   |  | 1 pan = 20-25  | 1 Drum   | 1 pan = 20-25   | 1 pan = 20-25   |
| Portion Size   |  | portions   |  | portions  | portions  |
| Common   |  | Gluten, Eggs   | N/A  | Gluten, Dairy, Eggs   | N/A   |
| Allergens  |  |  |  |   |   |
| Dietary  |  |  | Made without   |   | Made without  |
| Restrictions   |  | Made without Dairy   | Gluten or Dairy  | Vegetarian  | Gluten or Dairy,<br>Vegetarian  |
| October 21-25  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|  | 21   | 22   | 23   | 24  | 25  |
|  |  | Pork Sausage +   | Steamed  |   |   |
| I Lunch -  | Ohanaa 8 Datata  | Fork Gausage   | Manatahlas ( Cau   | Dutter and Desta  |   |
| Lunch -  | Cheese & Potato<br>Perogies  | Roasted Potato +   | Vegetables + Soy<br>Curls + Chow Mein  | Buttered Pasta +<br>Veg Tomato Sauce  | PRO D DAY   |
| Lunch -<br>Elementary  |  | Roasted Potato +<br>Vegetables   | 0 ,  | Veg Tomato Sauce  | PRO D DAY   |
|  |  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25  | Veg Tomato Sauce<br>1 pan = 20-25   | PRO D DAY   |
| Elementary<br>Portion Size   | Perogies   | Roasted Potato +<br>Vegetables   | Curls + Chow Mein<br>Noodles   | Veg Tomato Sauce  | PRO D DAY   |
| Elementary<br>Portion Size<br>Common   | Perogies   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25  | Veg Tomato Sauce<br>1 pan = 20-25   | PRO D DAY   |
| Elementary<br>Portion Size<br>Common<br>Allergens  | Perogies<br>3 Perogies   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions   | PRO D DAY   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary   | Perogies<br>3 Perogies   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions   | PRO D DAY   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian  |   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b>  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday  | PRO D DAY   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br>Tuesday<br>29   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31  |   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b>  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato  |   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)   | Friday<br>1<br>Egg Fried Rice   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Teryaki Soy Curls,<br>Steamed   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato  | Friday<br>1   |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1   | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions  | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Lunch -<br>Elementary<br>Portion Size<br>Common  | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25  | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens                           | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy   | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary                 | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br><b>29</b><br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>N/A<br>Made without<br>Gluten or Dairy,  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions  | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without<br>Gluten or Dairy,  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens                           | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions<br>Gluten, Eggs   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>Made without  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy<br>Made without   | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without Dairy<br>ourish Kitchen is a sm   | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>Made without<br>Gluten or Dairy,<br>Vegetarian  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy<br>Made without<br>Gluten   | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without<br>Gluten or Dairy,<br>Vegetarian  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without Dairy<br>ourish Kitchen is a sm<br>Dairy have not had so  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br><b>29</b><br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>Made without<br>Gluten or Dairy,<br>Vegetarian   | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs  | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy<br>Made without<br>Gluten<br>nnot guarantee items<br>ese items simply do r  | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without<br>Gluten or Dairy,<br>Vegetarian  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without Dairy<br>ourish Kitchen is a sm<br>Dairy have not had so<br>their recipes. But our  | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br><b>29</b><br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>N/A  | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Gluten, Dairy, Eggs   | Veg Tomato Sauce<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy<br>Made without<br>Gluten<br>not guarantee items<br>ases items simply do ro<br>point is important for the   | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without<br>Gluten or Dairy,<br>Vegetarian  |
| Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Lunch -<br>Elementary<br>Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions | Perogies<br>3 Perogies<br>Gluten, Dairy<br>Vegetarian<br>Monday<br>28<br>Beef Bolognese<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without Dairy<br>ourish Kitchen is a sm<br>Dairy have not had so<br>their recipes. But our<br>at there remains a po<br>is situated in is not, a | Roasted Potato +<br>Vegetables<br>1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Teryaki Soy Curls,<br>Steamed<br>Vegetables & Rice<br>1 pan = 20-25<br>portions<br>N/A<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>N/A<br>Made without<br>Gluten or Dairy,<br>Vegetarian | Curls + Chow Mein<br>Noodles<br>1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions<br>Gluten, Dairy, Eggs<br>Gluten, Dairy, Eggs<br>curl best but we can<br>er gluten or dairy. The<br>or Dairy free, and so<br>tion. Our kitchen is tr<br>a very small risk of co | Veg Tomato Sauce  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Thursday 31  Polka Dot Potato Bake (Beef)  1 pan = 20-25 portions  Dairy  Made without Gluten  nnot guarantee items ese items simply do r o it is important for the second state of the second | Friday<br>1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>a labeled as made<br>not contain Gluten or<br>hose with severe<br>ree, though the |

|   | LOURISH!   |  |  |  |  |
|---|--|--|--|--|--|
| October 7-11  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|   | 7  | 8  | 9  | 10   | 11   |
| Lunch -   | Poof Polomooo  | Pork Sausage,<br>Potato, Vegetable   | Italian Rice Pilaf   | Mexican Vegetable  | Chicken & Root   |
| Secondary   | Beef Bolognese   | Hash   | Italian Rice Plia  | r<br>'Lasagna'   | Vegetable Pot Pie  |
| Entrée  | 1 00.05  | 4 00.05  | 4 00.05  | 4 00.05  | 4 00.05  |
|   | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  |
| Portion Size  | portions   | portions   | portions   | portions   | portione   |
| Common  | Oluton Erro  | N/A  | N/A  | Dairy  | Gluten, Dairy  |
| Allergens   | Gluten, Eggs   |  |  |  |  |
| Dietary   |  | Contains Pork,   | Made without   |  |  |
|   | Made without Dairy   | Made without   | Gluten or Dairy,   | Made without<br>Gluten, Vegetarian   |  |
| Restrictions  |  | Gluten or Dairy  | Vegetarian   | Ŭ  |  |
| October 14-18   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|   | 14   | 15   | 16   | 17   | 18   |
| Lunch -   |  | Cabbage Roll   | Roasted Chicken<br>Drum, Steamed   |  | Vegetable Curry 8  |
| Secondary   | THANKSGIVING   | Casserole (Beef)   | Vegetables & Sushi   | Mac & Cheese   | Rice   |
| occondary   |  |  | Salad  |  |  |
| Portion Size  |  | 1 pan = 20-25<br>portions  | 1-2 Drums size<br>dependant  | 1 pan = 20-25<br>portions  | 1 pan = 20-25<br>portions  |
| Common  |  | P  |  | F  | F  |
|   |  | Gluten, Eggs   | Salad: Sesame  | Gluten, Dairy, Eggs  | N/A  |
| Allergens   |  |  |  |  |  |
| Dietary   |  |  | Made without   |  | Made without   |
| Restrictions  |  | Made without Dairy   | Gluten or Dairy  | Vegetarian   | Gluten or Dairy,<br>Vegetarian   |
| October 21-25   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|   | 21   | 22   | 23   | 24   | 25   |
| Lunch -   |  | Pork Sausage,  | Veneterier Ohem  |  |  |
|   | Beef Bolognese   | Potato, Vegetable  | Vegetarian Chow<br>Mein  | Veggie Lasagna   | PRO D DAY  |
| Secondary   | •  |  |  |  |  |
| /   | 1  | Hash   |  | 4  |  |
| Portion Size  | 1 pan = 20-25<br>portions  | 1 pan = 20-25  | 1 pan = 20-25  | 1 pan = 20-25<br>portions  |  |
| Portion Size  | 1 pan = 20-25<br>portions  |  |  | 1 pan = 20-25<br>portions  |  |
| Portion Size<br>Common  |  | 1 pan = 20-25  | 1 pan = 20-25  | ·  |  |
| Portion Size<br>Common<br>Allergens   | portions   | 1 pan = 20-25<br>portions<br>N/A   | 1 pan = 20-25<br>portions  | portions   |  |
| Portion Size<br>Common  | ortions<br>Gluten, Eggs  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,   | 1 pan = 20-25<br>portions  | portions<br>Gluten, Dairy, Eggs  |  |
| Portion Size<br>Common<br>Allergens   | portions   | 1 pan = 20-25<br>portions<br>N/A   | 1 pan = 20-25<br>portions<br>Gluten, Eggs  | portions   |  |
| Portion Size<br>Common<br>Allergens<br>Dietary  | ortions<br>Gluten, Eggs  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without   | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without  | portions<br>Gluten, Dairy, Eggs  | Friday   |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions  | portions<br>Gluten, Eggs<br>Made without Dairy   | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy  | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian   | portions<br>Gluten, Dairy, Eggs<br>Vegetarian  | Friday   |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1  | Gluten, Eggs Made without Dairy Monday 28  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br>Tuesday<br>29   | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30  | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31  | Friday<br>1  |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1  | portions         Gluten, Eggs         Made without Dairy         Monday         28         Cheese & Potato   | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b>  | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday  | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday  | Friday<br>1<br>Egg Fried Rice  |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1  | Gluten, Eggs Made without Dairy Monday 28  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls   | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)                              | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)                                       | 1<br>Egg Fried Rice  |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1  | portions         Gluten, Eggs         Made without Dairy         Monday         28         Cheese & Potato   | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls<br>1 pan = 20-25                                    | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25             | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25                      | 1<br>Egg Fried Rice<br>1 pan = 20-25                                     |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Cunch -<br>Secondary<br>Portion Size                              | Gluten, Eggs Gluten, Eggs Made without Dairy Monday 28 Cheese & Potato Perogies  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls   | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)                              | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)                                       | 1<br>Egg Fried Rice  |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Lunch -<br>Secondary<br>Portion Size<br>Common                    | Gluten, Eggs Gluten, Eggs Made without Dairy Monday 28 Cheese & Potato Perogies  | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls<br>1 pan = 20-25                                    | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25             | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25                      | 1<br>Egg Fried Rice<br>1 pan = 20-25                                     |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Cunch -<br>Secondary<br>Portion Size                              | Gluten, Eggs Gluten, Eggs Made without Dairy Monday 28 Cheese & Potato Perogies 4 perogies   | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls<br>1 pan = 20-25<br>portions<br>N/A                 | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions          | 1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs                 |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Cother 28-Nov 1<br>Lunch -<br>Secondary<br>Portion Size<br>Common | portions         Gluten, Eggs         Made without Dairy         Monday         28         Cheese & Potato         Perogies         4 perogies         Gluten, Dairy | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls<br>1 pan = 20-25<br>portions<br>N/A<br>Made without | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions          | 1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs<br>Made without |
| Portion Size<br>Common<br>Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Lunch -<br>Secondary<br>Portion Size<br>Common<br>Allergens       | Gluten, Eggs Gluten, Eggs Made without Dairy Monday 28 Cheese & Potato Perogies 4 perogies   | 1 pan = 20-25<br>portions<br>N/A<br>Contains Pork,<br>Made without<br>Gluten or Dairy<br><b>Tuesday</b><br>29<br>Vegetable Stirfry<br>with Soy Curls<br>1 pan = 20-25<br>portions<br>N/A                 | 1 pan = 20-25<br>portions<br>Gluten, Eggs<br>Made without<br>Dairy, Vegetarian<br>Wednesday<br>30<br>Pizza Pasta Bake<br>(Beef)<br>1 pan = 20-25<br>portions | portions<br>Gluten, Dairy, Eggs<br>Vegetarian<br>Thursday<br>31<br>Polka Dot Potato<br>Bake (Beef)<br>1 pan = 20-25<br>portions<br>Dairy | 1<br>Egg Fried Rice<br>1 pan = 20-25<br>portions<br>Eggs                 |

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|   | OURISH!  | SNACK IN   |  | BER 202   | *                                 |
|---|--|--|--|---|-----------------------------------|
| October 7-11  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                            |
|   | 7  | 8  | 9  | 10  | 11                                |
| Breakfast<br>Snack  | Granola Bars +<br>Yogurt Cups  | Oatmeal Cookie +<br>Fruit                            | Pumpkin Spice<br>Muffins                                 | Cheese Cornbread<br>+ Fruit   | Banana Bread                      |
| Portion Size  | 1 unit each  | 1 unit each  | 1 unit   | 1 unit each   | 1 unit each                       |
| Common<br>Allergens   | Yogurt Cup: Dairy  | Gluten, Eggs   | Gluten, Eggs   | Gluten, Eggs, Dairy   | Gluten, Eggs                      |
| Dietary<br>Restrictions   | <i>Granola Bar</i> : Made<br>without Gluten or<br>Dairy, Vegetarian  | Vegetarian   | Vegetarian   | Vegetarian  | Vegetarian                        |
| October 14-18   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                            |
|   | 14   | 15   | 16   | 17  | 18                                |
| Breakfast<br>Snack  | THANKSGIVING<br>DAY  | Mixed Berry Scone                                    | Frittata Muffins +<br>Fruit                              | Yogurt & Granola<br>Parfait   | Pear Ginger<br>Squares            |
| Portion Size  |  | 1 unit   | 1 unit each  | 1 unit each   | 1 unit                            |
| Common  |  | Dairy, Gluten  | Dairy, Eggs  | <i>Yogurt:</i> Dairy<br>Fruit Compote:  | Gluten, Eggs                      |
| Allergens   |  |  |  | Mixed Berries   |                                   |
| Dietary<br>Restrictions   |  | Vegetarian   | Made without<br>Gluten, Vegetarian                       | Made without<br>Gluten, Vegetarian  | Made without Dairy,<br>Vegetarian |
| October 21-25   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday                            |
|   | 21   | 22   | 23   | 24  | 25                                |
| Breakfast   | Power Squares +<br>Yogurt Cups   | Cheese Scones  | Whole Wheat<br>Sugar Cookies +                           | Mini Quiche + Fruit<br>Leather  | PRO D DAY                         |
| Snack<br>Portion Size   | 1 unit each  | 1 unit   | Fruit<br>1 unit  | 1 unit each   |                                   |
| Portion Size  | i unit each  | 1 dille  | Tunic  | i unic each   |                                   |
| Common<br>Allergens   | Yogurt Cup: Dairy  | Dairy, Gluten  | Dairy, Gluten, Eggs                                      | Dairy, Eggs<br><i>Fruit Leather</i> : all<br>fruit & berries  |                                   |
| Common<br>Allergens<br>Dietary<br>Restrictions                                | <i>Yogurt Cup</i> : Dairy<br><i>Power Square</i> :<br>Made without<br>Gluten or Dairy,<br>Vegetarian           | Dairy, Gluten<br>Vegetarian                          | Dairy, Gluten, Eggs<br>Vegetarian                        |   |                                   |
| Allergens<br>Dietary  | Power Square:<br>Made without<br>Gluten or Dairy,  |  |  | Fruit Leather: all<br>fruit & berries<br>Made without   | Friday                            |
| Allergens<br>Dietary<br>Restrictions  | Power Square:<br>Made without<br>Gluten or Dairy,<br>Vegetarian  | Vegetarian   | Vegetarian   | Fruit Leather: all<br>fruit & berries<br>Made without<br>Gluten, Vegetarian   | Friday<br>1                       |
| Allergens<br>Dietary<br>Restrictions  | Power Square:<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>Monday                                      | Vegetarian<br><b>Tuesday</b>                         | Vegetarian<br>Wednesday                                  | Fruit Leather: all<br>fruit & berries<br>Made without<br>Gluten, Vegetarian<br>Thursday                                   |                                   |
| Allergens<br>Dietary<br>Restrictions<br>October 28-Nov 1<br>Breakfast         | Power Square:<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>Monday<br>28<br>Granola Bar +               | Vegetarian<br>Tuesday<br>29<br>Mixed Berry           | Vegetarian<br>Wednesday<br>30<br>Banana Bread +          | Fruit Leather: all<br>fruit & berries<br>Made without<br>Gluten, Vegetarian<br>Thursday<br>31<br>Pumpkin Spice            | 1<br>Granola & Yogurt             |
| Allergens<br>Dietary<br>Restrictions<br>October 28-Nov1<br>Breakfast<br>Snack | Power Square:<br>Made without<br>Gluten or Dairy,<br>Vegetarian<br>Monday<br>28<br>Granola Bar +<br>Yogurt Cup | Vegetarian<br>Tuesday<br>29<br>Mixed Berry<br>Scones | Vegetarian<br>Wednesday<br>30<br>Banana Bread +<br>Fruit | Fruit Leather: all<br>fruit & berries<br>Made without<br>Gluten, Vegetarian<br>Thursday<br>31<br>Pumpkin Spice<br>Muffins | 1<br>Granola & Yogurt<br>Parfait  |

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