

## **FLOURISH! MEAL INFO - OCTOBER 2024**

October 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
<b>Lunch - Elementary</b>	Beef Bolognese	Pork Sausage + Roasted Potato + Vegetables	Vegetable Rice Pilaf	Mexican Vegetable 'Lasagna'	Braised Chicken, Root Vegetables, Smashed Potatoes
<b>Entrée Portion Size</b>	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Eggs	N/A	N/A	Dairy	Dairy
<b>Dietary Restrictions</b>	Made without Dairy	Contains Pork, Made without Gluten or Dairy	Made without Gluten or Dairy, Vegetarian	Made without Gluten, Vegetarian	Made without Gluten
October 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
<b>Lunch - Elementary</b>	THANKSGIVING	Cabbage Roll Casserole (Beef)	Roasted Chicken Drum, Rice & Steamed Vegetables	Mac & Cheese	Coconut Curry Sauce + Steam Vegetables + Rice
<b>Portion Size</b>		1 pan = 20-25 portions	1 Drum	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>		Gluten, Eggs	N/A	Gluten, Dairy, Eggs	N/A
<b>Dietary Restrictions</b>		Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian
October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
<b>Lunch - Elementary</b>	Cheese & Potato Perogies	Pork Sausage + Roasted Potato + Vegetables	Steamed Vegetables + Soy Curls + Chow Mein Noodles	Buttered Pasta + Veg Tomato Sauce	PRO D DAY
<b>Portion Size</b>	3 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
<b>Common Allergens</b>	Gluten, Dairy	N/A	Gluten, Eggs	Gluten, Dairy, Eggs	
<b>Dietary Restrictions</b>	Vegetarian	Contains Pork, Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	
October 28-Nov 1	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	1
<b>Lunch - Elementary</b>	Beef Bolognese	Teryaki Soy Curls, Steamed Vegetables & Rice	Pizza Pasta Bake (Beef)	Polka Dot Potato Bake (Beef)	Egg Fried Rice
<b>Portion Size</b>	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Eggs	N/A	Gluten, Dairy, Eggs	Dairy	Eggs
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy, Vegetarian		Made without Gluten	Made without Gluten or Dairy, Vegetarian

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

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## FLOURISH! SNACK INFO - 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>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Gluten, Eggs	Gluten, Eggs	Gluten, Eggs, Dairy	Gluten, Eggs
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
October 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
<b>Breakfast Snack</b>	THANKSGIVING DAY	Mixed Berry Scone	Frittata Muffins + Fruit	Yogurt & Granola Parfait	Pear Ginger Squares
<b>Portion Size</b>		1 unit	1 unit each	1 unit each	1 unit
<b>Common Allergens</b>		Dairy, Gluten	Dairy, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries	Gluten, Eggs
<b>Dietary Restrictions</b>		Vegetarian	Made without Gluten, Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian
October 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
<b>Breakfast Snack</b>	Power Squares + Yogurt Cups	Cheese Scones	Whole Wheat Sugar Cookies + Fruit	Mini Quiche + Fruit Leather	PRO D DAY
<b>Portion Size</b>	1 unit each	1 unit	1 unit	1 unit each	
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Dairy, Gluten, Eggs	Dairy, Eggs <i>Fruit Leather:</i> all fruit & berries	
<b>Dietary Restrictions</b>	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	
October 28-Nov 1	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	31	1
<b>Breakfast Snack</b>	Granola Bar + Yogurt Cup	Mixed Berry Scones	Banana Bread + Fruit	Pumpkin Spice Muffins	Granola & Yogurt Parfait
<b>Portion Size</b>	1 unit each	1 unit	1 unit each	1 unit	1 unit each
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian

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