



FLOURISH! MENU - NOVEMBER 2024

November 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
Breakfast Snack	Power Square (GF) + Yogurt Cup	Cheese Scone + Fruit Leather	Chocolate Zucchini Muffin	Frittata Muffin (GF) + Fruit	Banana Bread
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Turkey Sausage, Potato, Vegetable Hash (GF)+ Raw Veg & Dip	Mac & Cheese + Greek Salad	Vegetable Curry & Rice (GF) + Green Salad	Shepards Pie (Beef) + Greek Salad
Lunch - Elementary	Perogies + Caesar Salad	Turkey Sausage, Roasted Potato (GF), Vegetables + Raw Veg & Dip	Mac & Cheese + Greek Salad	Coconut Curry Sauce + Steam Vegetables + Rice + Green Salad	Shepards Pie Mix (Beef) + Smashed Potatoes + Greek Salad
November 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
Breakfast Snack	REMEMBRANCE DAY	Granola Bar (GF) + Yogurt Cup	Mixed Berry Scone	Pumpkin Spice Muffin	Pear Ginger Squares
Lunch - Secondary		Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad	Mexican Vegetable 'Lasagna' (GF)+ Pasta Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, beef pepperoni) + Caesar Salad	Meatloaf (Chicken) & Roasted Potatoes + Raw Veg/Ranch
Lunch - Elementary		Roasted Chicken Drum, Rice & Steamed Vegetables (GF) + Green Salad	Mexican Vegetable 'Lasagna' (GF)+ Pasta Salad	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	Meatloaf (Chicken) & Roasted Potatoes + Raw Veg/Ranch
November 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
	18	19	20	21	22
Breakfast Snack	Power Square (GF) + Yogurt Cup	Cinnamon Apple Scone + Fruit Leather	Rhubarb Muffin	Cereal Bar (GF) + Fruit	PRO D DAY - SD61, SD62
Lunch - Secondary	Perogies + Caesar Salad	Turkey Sausage, Potato, Vegetable Hash (GF)+ Greek Salad	Chef Jared Qwustenuxun Williams Feature - Sockeye Salmon Cakes + Roasted Vegetables (GF) + Raw Veg/Ranch	Vegetarian Chow Mein + Green Salad	
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Turkey Sausage, Roasted Potato (GF), Vegetables + Greek Salad	Chef Jared Qwustenuxun Williams Feature - Beef Chili + Squw Bread + Raw Veg/Ranch	Steamed Vegetables + Soy Curls + Chow Mein Noodles + Green Salad	
November 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
	25	26	27	28	29
Breakfast Snack	Granola Bar (GF)+ Yogurt Cup	Pumpkin Scone + Fruit Leather	Cheese Cornbread + Fruit	Granola & Yogurt Parfait (GF)	Morning Glory Muffin
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry with Soy Curls (GF)+ Green Salad	Mac & Cheese + Greek Salad	Braised Chicken + Roasted Root Veg & Potatoes (GF) + Raw Veg/Ranch	Veggie Lasagna + Green Salad
Lunch - Elementary	Perogies + Caesar Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Green Salad	Mac & Cheese + Greek Salad	Braised Chicken + Roasted Root Veg & Potatoes (GF) + Raw Veg/Ranch	Pasta + Vegetable & Tomato Sauce + Green Salad