

## FLOURISH! MEAL INFO - NOVEMBER 2024

November 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
<b>Lunch - Elementary</b>	Cheese & Potato Perogies	Turkey Sausage, Roasted Potato (GF), Vegetables	Mac & Cheese	Coconut Curry Sauce + Steam Vegetables + Rice	Shepards Pie Mix (Beef) + Smashed Potatoes
<b>Entrée 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	Dairy
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten
November 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
<b>Lunch - Elementary</b>	REMEMBRANCE DAY	Roasted Chicken Drum, Rice & Steamed Vegetables (GF)	Mexican Vegetable 'Lasagna' (GF) + Pasta Salad	Pizza Quesadilla (Tomato sauce, cheese)	Meatloaf (Chicken) & Roasted Potatoes
<b>Portion Size</b>		1 Drum	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
<b>Common Allergens</b>		N/A	Dairy Salad: <i>Gluten</i>	Gluten, Dairy	Dairy, Gluten, Eggs
<b>Dietary Restrictions</b>		Made without Gluten or Dairy	Made without Gluten, Vegetarian	Vegetarian	N/A
November 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
	18	19	20	21	22
<b>Lunch - Elementary</b>	Beef Bolognese	Turkey Sausage, Roasted Potato (GF), Vegetables	Chef Jared Qwustenuxun Williams Feature - Beef Chili + Squw Bread	Steamed Vegetables + Soy Curls + Chow Mein Noodles	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, Dairy	N/A	
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian	
November 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
	25	26	27	28	29
<b>Lunch - Elementary</b>	Cheese & Potato Perogies	Teryaki Soy Curls, Steamed Vegetables & Rice (GF)	Mac & Cheese	Braised Chicken + Roasted Root Veg & Potatoes (GF)	Pasta + Tomato Vegetable Sauce
<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		Gluten, Dairy, Eggs
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Gluten	Vegetarian

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## FLOURISH! MEAL INFO - NOVEMBER 2024

November 4-8					
	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
<b>Lunch - Secondary</b>	Beef Bolognese	Turkey Sausage, Potato, Vegetable Hash (GF)	Mac & Cheese	Vegetable Curry & Rice (GF)	Shepards Pie (Beef)
<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	Gluten, Dairy, Eggs	N/A	Dairy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten
November 11-15					
	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
<b>Lunch - Secondary</b>	REMEMBERANCE DAY	Roasted Chicken Drum, Steamed Vegetables(GF) & Sushi Salad	Mexican Vegetable 'Lasagna' (GF)+ Pasta Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, beef pepperoni)	Meatloaf (Chicken) & Roasted Potatoes
<b>Portion Size</b>		1-2 Drums size dependant	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
<b>Common Allergens</b>		Salad: <i>Sesame</i>	Dairy Salad: <i>Gluten</i>	Gluten, Dairy	Dairy, Gluten, Eggs
<b>Dietary Restrictions</b>		Made without Gluten or Dairy	Made without Gluten, Vegetarian	N/A	N/A
November 18-22					
	Monday	Tuesday	Wednesday	Thursday	Friday
	18	19	20	21	22
<b>Lunch - Secondary</b>	Cheese & Potato Perogies	Turkey Sausage, Potato, Vegetable Hash (GF)	Chef Jared Qwustenuxun Williams Feature - Sockeye Salmon Cakes + Roasted Vegetables (GF)	Vegetarian Chow Mein	PRO D DAY
<b>Portion Size</b>	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portion. 1 cake each	1 pan = 20-25 portions	
<b>Common Allergens</b>	Gluten, Dairy	N/A	Fish, Eggs	Gluten, Eggs	
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy	Made without Gluten, Dairy	Made without Dairy, Vegetarian	
November 25-29					
	Monday	Tuesday	Wednesday	Thursday	Friday
	25	26	27	28	29
<b>Lunch - Secondary</b>	Beef Bolognese	Vegetable Stirfry with Soy Curls (GF)	Mac & Cheese	Braised Chicken + Roasted Root Veg & Potatoes (GF)	Veggie Lasagna
<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	N/A	Gluten, Dairy, Eggs
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Gluten or Dairy	Vegetarian

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## **FLOURISH! SNACK INFO - NOVEMBER 2024**

November 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
<b>Breakfast Snack</b>	Power Square (GF) + Yogurt Cup	Cheese Scone + Fruit Leather	Chocolate Zucchini Muffin	Frittata Muffin (GF) + Fruit	Banana Bread
<b>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit each	1 unit
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten Fruit Leather: all fruit & berries	Gluten, Eggs	Dairy, Eggs	Gluten, Eggs
<b>Dietary Restrictions</b>	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian
November 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
	11	12	13	14	15
<b>Breakfast Snack</b>	REMEMBRANCE DAY	Granola Bar (GF) + Yogurt Cup	Mixed Berry Scone	Pumpkin Spice Muffin	Pear Ginger Squares
<b>Portion Size</b>		1 unit each	1 unit	1 unit	1 unit
<b>Common Allergens</b>		Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs
<b>Dietary Restrictions</b>		<i>Granola Bar:</i> Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian
November 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
	18	19	20	21	22
<b>Breakfast Snack</b>	Power Square (GF) + Yogurt Cup	Cinnamon Apple Scone + Fruit Leather	Rhubarb Muffin	Cereal Bar (GF) + Fruit	PRO D DAY - SD61, SD62
<b>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit each	
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Dairy, Gluten, Eggs		
<b>Dietary Restrictions</b>	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Gluten or Dairy, Vegetarian	
November 25-29	Monday	Tuesday	Wednesday	Thursday	Friday
	25	26	27	28	29
<b>Breakfast Snack</b>	Granola Bar (GF)+ Yogurt Cup	Pumpkin Scone + Fruit Leather	Cheese Cornbread + Fruit	Granola & Yogurt Parfait (GF)	Morning Glory Muffin
<b>Portion Size</b>	1 unit each	1 unit each	1 unit each	1 unit each	1 unit
<b>Common Allergens</b>	Dairy	Dairy, Gluten	Dairy, Gluten, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries	Dairy, Gluten, Eggs
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian

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