r L	OURISH! N	MEAL INFO) - NOVEN	<i>1BER 202</i>	4
November 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
Lunch -	Cheese & Potato	Turkey Sausage,		Coconut Curry	Shepards Pie Mix
Elementary	Perogies	Roasted Potato (GF), Vegetables	Mac & Cheese	Sauce + Steam Vegetables + Rice	(Beef) + Smashed Potatoes
Entrée	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Portion Size		portions	portions	portions	portions
Common	Gluten, Dairy	N/A	Gluten, Dairy, Eggs	Dairy	Dairy
Allergens					
Dietary Restrictions	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
Lunch - Elementary	REMEMBERANCE DAY	Roasted Chicken Drum, Rice & Steamed Vegetables (GF)	Mexican Vegetable 'Lasagna' (GF) + Pasta Salad	Pizza Quesadilla (Tomato sauce, cheese)	Meatloaf (Chicken) & Roasted Potatoes
Portion Size		1 Drum	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
Common Allergens		N/A	Dairy Salad: <i>Gluten</i>	Gluten, Dairy	Dairy, Gluten, Eggs
Dietary Restrictions		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
			Chef Jared	Steamed	
Lunch - Elementary	Beef Bolognese	Turkey Sausage, Roasted Potato (GF), Vegetables	Qwustenuxun Williams Feature - Beef Chili + Squw	Vegetables + Soy Curls + Chow Mein Noodles	PRO D DAY
	Beef Bolognese 1 pan = 20-25 portions	Roasted Potato	Williams Feature -	Vegetables + Soy Curls + Chow Mein	PRO D DAY
Elementary	1 pan = 20-25	Roasted Potato (GF), Vegetables	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25	Vegetables + Soy Curls + Chow Mein Noodles	PRO D DAY
Elementary Portion Size Common	1 pan = 20-25 portions	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions	PRO D DAY
Elementary Portion Size Common Allergens Dietary	1 pan = 20-25 portions Gluten, Eggs	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions N/A Made without	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions Gluten, Dairy	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions N/A Made without Gluten or Dairy,	PRO D DAY
Portion Size Common Allergens Dietary Restrictions	1 pan = 20-25 portions Gluten, Eggs Made without Dairy	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions N/A Made without Gluten or Dairy	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions Gluten, Dairy Vegetarian	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian	
Portion Size Common Allergens Dietary Restrictions	1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday 26 Teryaki Soy Curls, Steamed Vegetables & Rice	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions Gluten, Dairy Vegetarian Wednesday	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Thursday	Friday
Elementary Portion Size Common Allergens Dietary Restrictions November 25-29 Lunch -	1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 25 Cheese & Potato	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday 26 Teryaki Soy Curls, Steamed Vegetables & Rice (GF) 1 pan = 20-25	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions Gluten, Dairy Vegetarian Wednesday 27 Mac & Cheese 1 pan = 20-25	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Thursday 28 Braised Chicken + Roasted Root Veg & Potatoes (GF) 1 pan = 20-25	Friday 29 Pasta + Tomato Vegetable Sauce 1 pan = 20-25
Portion Size Common Allergens Dietary Restrictions November 25-29 Lunch - Elementary	1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 25 Cheese & Potato Perogies	Roasted Potato (GF), Vegetables 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday 26 Teryaki Soy Curls, Steamed Vegetables & Rice (GF)	Williams Feature - Beef Chili + Squw Bread 1 pan = 20-25 portions Gluten, Dairy Vegetarian Wednesday 27 Mac & Cheese	Vegetables + Soy Curls + Chow Mein Noodles 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Thursday 28 Braised Chicken + Roasted Root Veg & Potatoes (GF)	Friday 29 Pasta + Tomato Vegetable Sauce

PLEASE NOTE: The Flourish Kitchen is a small, cozy place. We try our best but we cannot guarantee items labeled as made without Gluten and/or Dairy have not had some contact with either gluten or dairy. These items simply do not contain Gluten or Dairy as ingredients in their recipes. But our kitchen is not Gluten or Dairy free, and so it is important for those with severe sensitivities to know that there remains a possibility of contamination. Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of catuion we recommend those with highly sensitive, life threatening allergies not participate in our program.

	OURISH! !	MEAL INFO	D - NOVEM	<i>(BER 202</i>	4
November 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
Lunch - Secondary	Beef Bolognese	Turkey Sausage, Potato, Vegetable Hash (GF)	Mac & Cheese	Vegetable Curry & Rice (GF)	Shepards Pie (Beef)
Entrée Portion Size	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
Common Allergens	Gluten, Eggs	N/A	Gluten, Dairy, Eggs	N/A	Dairy
Dietary	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten
	Manday	Tuesday	Wadnesday		Enidos
November 11-15	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Lunch - Secondary	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
Portion Size		1-2 Drums size dependant	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
Common Allergens		Salad: Sesame	Dairy Salad: <i>Gluten</i>	Gluten, Dairy	Dairy, Gluten, Eggs
Dietary Restrictions		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
Lunch -	Cheese & Potato	Turkey Sausage,	Chef Jared Qwustenuxun Williams Feature -	Vegetarian Chow	
Secondary	Perogies	Potato, Vegetable Hash (GF)	Sockeye Salmon Cakes + Roasted Vegetables (GF)	Mein	PRO D DAY
Secondary Portion Size	Perogies 4 perogies	•	,	•	PRO D DAY
	-	Hash (GF) 1 pan = 20-25	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion. 1 cake	Mein 1 pan = 20-25	PRO D DAY
Portion Size	4 perogies	Hash (GF) 1 pan = 20-25 portions	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion.1 cake each	Mein 1 pan = 20-25 portions	PRO D DAY
Portion Size Common Allergens Dietary	4 perogies Gluten, Dairy	Hash (GF) 1 pan = 20-25 portions N/A Made without	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion.1 cake each Fish, Eggs Made without	Mein 1 pan = 20-25 portions Gluten, Eggs Made without	PRO D DAY
Portion Size Common Allergens Dietary Restrictions	4 perogies Gluten, Dairy Vegetarian	Hash (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion.1 cake each Fish, Eggs Made without Gluten, Dairy	Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	
Portion Size Common Allergens Dietary Restrictions	4 perogies Gluten, Dairy Vegetarian Monday	Hash (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion. 1 cake each Fish, Eggs Made without Gluten, Dairy Wednesday	Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Thursday	Friday
Portion Size Common Allergens Dietary Restrictions November 25-29 Lunch -	4 perogies Gluten, Dairy Vegetarian Monday 25 Beef Bolognese 1 pan = 20-25	Hash (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday 26 Vegetable Stirfry with Soy Curls (GF) 1 pan = 20-25	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion.1 cake each Fish, Eggs Made without Gluten, Dairy Wednesday 27 Mac & Cheese 1 pan = 20-25	Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Thursday 28 Braised Chicken + Roasted Root Veg & Potatoes (GF) 1 pan = 20-25	Friday 29 Veggie Lasagna 1 pan = 20-25
Portion Size Common Allergens Dietary Restrictions November 25-29 Lunch - Secondary	4 perogies Gluten, Dairy Vegetarian Monday 25 Beef Bolognese	Hash (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy Tuesday 26 Vegetable Stirfry with Soy Curls (GF)	Cakes + Roasted Vegetables (GF) 1 pan = 20-25 portion.1 cake each Fish, Eggs Made without Gluten, Dairy Wednesday 27 Mac & Cheese	Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Thursday 28 Braised Chicken + Roasted Root Veg & Potatoes (GF)	Friday 29 Veggie Lasagna

PLEASE NOTE: The Flourish Kitchen is a small, cozy place. We try our best but we cannot guarantee items labeled as made without Gluten and/or Dairy have not had some contact with either gluten or dairy. These items simply do not contain Gluten or Dairy as ingredients in their recipes. But our kitchen is not Gluten or Dairy free, and so it is important for those with severe sensitivities to know that there remains a possibility of contamination. Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of catuion we recommend those with highly sensitive, life threatening allergies not participate in our program.

FL	FLOURISH! SNACK INFO - 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		
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit		
Common Allergens	Yogurt Cup: Dairy	Dairy, Gluten Fruit Leather: all fruit & berries	Gluten, Eggs	Dairy, Eggs	Gluten, Eggs		
Dietary Restrictions	Power Square: 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		
Breakfast Snack	REMEMBERANCE DAY	Granola Bar (GF) + Yogurt Cup	Mixed Berry Scone	Pumpkin Spice Muffin	Pear Ginger Squares		
Portion Size		1 unit each	1 unit	1 unit	1 unit		
Common		Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs		
Allergens Dietary Restrictions		Granola Bar: Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian		
		Vogetariari					
November 18-22	Monday	Tuesday	Wednesday	Thursday	Friday		
November 18-22	Monday 18		Wednesday 20	Thursday 21	Friday 22		
Breakfast		Tuesday 19 Cinnamon Apple Scone + Fruit					
	18 Power Square (GF)	Tuesday 19 Cinnamon Apple	20	21 Cereal Bar (GF) +	22 PRO D DAY - SD61,		
Breakfast Snack	18 Power Square (GF) + Yogurt Cup	Tuesday 19 Cinnamon Apple Scone + Fruit Leather	20 Rhubarb Muffin	21 Cereal Bar (GF) + Fruit	22 PRO D DAY - SD61,		
Breakfast Snack Portion Size Common	Power Square (GF) + Yogurt Cup 1 unit each	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each	20 Rhubarb Muffin 1 unit	21 Cereal Bar (GF) + Fruit	22 PRO D DAY - SD61,		
Breakfast Snack Portion Size Common Allergens Dietary	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy,	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten	20 Rhubarb Muffin 1 unit Dairy, Gluten, Eggs	21 Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy,	22 PRO D DAY - SD61,		
Breakfast Snack Portion Size Common Allergens Dietary Restrictions	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten Vegetarian	20 Rhubarb Muffin 1 unit Dairy, Gluten, Eggs Vegetarian	21 Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy, Vegetarian	22 PRO D DAY - SD61, SD62		
Breakfast Snack Portion Size Common Allergens Dietary Restrictions	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten Vegetarian Tuesday	20 Rhubarb Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday	21 Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy, Vegetarian Thursday	PRO D DAY - SD61, SD62		
Breakfast Snack Portion Size Common Allergens Dietary Restrictions November 25-29 Breakfast	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 25 Granola Bar (GF)+	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten Vegetarian Tuesday 26 Pumpkin Scone +	Rhubarb Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 27 Cheese Cornbread	21 Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy, Vegetarian Thursday 28 Granola & Yogurt	PRO D DAY - SD61, SD62 Friday 29 Morning Glory		
Breakfast Snack Portion Size Common Allergens Dietary Restrictions November 25-29 Breakfast Snack	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 25 Granola Bar (GF)+ Yogurt Cup	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten Vegetarian Tuesday 26 Pumpkin Scone + Fruit Leather	Rhubarb Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 27 Cheese Cornbread + Fruit	21 Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy, Vegetarian Thursday 28 Granola & Yogurt Parfait (GF)	PRO D DAY - SD61, SD62 Friday 29 Morning Glory Muffin		
Breakfast Snack Portion Size Common Allergens Dietary Restrictions November 25-29 Breakfast Snack Portion Size Common	Power Square (GF) + Yogurt Cup 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 25 Granola Bar (GF)+ Yogurt Cup 1 unit each	Tuesday 19 Cinnamon Apple Scone + Fruit Leather 1 unit each Dairy, Gluten Vegetarian Tuesday 26 Pumpkin Scone + Fruit Leather 1 unit each	Rhubarb Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 27 Cheese Cornbread + Fruit 1 unit each	Cereal Bar (GF) + Fruit 1 unit each Made without Gluten or Dairy, Vegetarian Thursday 28 Granola & Yogurt Parfait (GF) 1 unit each Yogurt: Dairy Fruit Compote:	PRO D DAY - SD61, SD62 Friday 29 Morning Glory Muffin 1 unit		

PLEASE NOTE: The Flourish Kitchen is a small, cozy place. We try our best but we cannot guarantee items labeled as made without Gluten and/or Dairy have not had some contact with either gluten or dairy. These items simply do not contain Gluten or Dairy as ingredients in their recipes. But our kitchen is not Gluten or Dairy free, and so it is important for those with severe sensitivities to know that there remains a possibility of contamination. Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of catuion we recommend those with highly sensitive, life threatening allergies not participate in our program.