



FLOURISH! MENU - DECEMBER 2024

December 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones	Pumpkin Spice Muffins + Cheese	Frittata Muffin (GF) + Fruit	Yogurt & Granola Parfait (GF)
Lunch - Secondary	Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Turkey Sausage, Potato, Vegetable Hash (GF)+ Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Egg Fried Rice (GF) + Green Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Turkey Sausage, Roasted Potato (GF), Vegetables + Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Egg Fried Rice (GF) + Green Salad
December 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Breakfast Snack	Granola Bars (GF)+ Yogurt Cups	Whole Wheat Sugar Cookies + Fruit Leather	Banana Loaf + Hard Boiled Egg	Chocolate Zucchini Muffins + Fruit Leather	Green Smoothie Muffin
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry with Soy Curls (GF)+ Green Salad	Turkey Sausage, Potato, Vegetable Hash (GF)+ Greek Salad	Mac & Cheese + Green Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip
Lunch - Elementary	Perogies + Caesar Salad	Teryaki Soy Curls, Steamed Vegetables & Rice (GF) + Green Salad	Turkey Sausage, Roasted Potato (GF), Vegetables + Greek Salad	Mac & Cheese + Green Salad	Coconut Curry Sauce + Steamed Vegetables + Rice (GF) + Raw Veg & Dip
December 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Berry Scone + Fruit Leather	Cranberry Cornbread Muffin + Hard Boiled Egg	Pear Ginger Squire + Fruit	Bread Pudding
Lunch - Secondary	Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Vegetarian Chow Mein + Raw Veg & Dip	Veggie Lasagna + Greek Salad	Turkey Meatloaf & Plum Cranberry Glaze + Stuffing + Roasted Vegetables + Green Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Steamed Vegetables + Soy Curls + Chow Mein Noodles + Raw Veg & Dip	Tomato Sauce + Penne + Greek Salad	Turkey Meatloaf & Plum Cranberry Glaze + Stuffing + Roasted Vegetables + Green Salad