

FLOURISH! MEAL INFO - DECEMBER 2024

December 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Beef Bolognese	Roasted Chicken Drum, Steamed Vegetables, Rice	Turkey Sausage, Potato, Vegetables	Mexican Vegetable 'Lasagna'	Egg Fried Rice
Entrée Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	N/A	Dairy	Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian
December 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Cheese & Potato Perogies	Teryaki Soy Curls, Steamed Vegetables, Rice	Turkey Sausage, Potato, Vegetables	Mac & Cheese	Coconut Curry Sauce, Steam Vegetables, Rice
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	N/A	Gluten, Dairy, Eggs	N/A
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian
December 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	Beef Bolognese	Roasted Chicken Drum, Steamed Vegetables, Rice	Steamed Vegetables + Soy Curls + Chow Mein Noodles	Pasta + Tomato Vegetable Sauce	Turkey Meatloaf + Stuffing
Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	N/A	Gluten, Dairy, Eggs	Gluten, Eggs, Dairy
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy, Vegetarian	Vegetarian	

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 caution we recommend those with highly sensitive, life threatening allergies not participate in our program.

FLOURISH! MEAL INFO - DECEMBER 2024

December 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
Lunch - Secondary	Cheese & Potato Perogies	Roasted Chicken Drum, Steamed Vegetables, Rice	Turkey Sausage, Potato, Vegetable Hash	Mexican Vegetable 'Lasagna'	Egg Fried Rice
Entrée Portion Size	4 perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	N/A	Dairy	Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Gluten or Dairy	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian
December 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Secondary	Beef Bolognese	Vegetable Stirfry with Soy Curls	Turkey Sausage, Potato, Vegetable Hash	Mac & Cheese	Vegetable Curry & Rice
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	N/A	Gluten, Dairy, Eggs	N/A
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy, Vegetarian
December 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Secondary	Cheese & Potato Perogies	Roasted Chicken Drum, Steamed Vegetables, Rice	Vegetarian Chow Mein	Veggie Lasagna	Turkey Meatloaf + Stuffing
Portion Size	4 perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	Gluten, Eggs	Gluten, Dairy, Eggs	Gluten, Eggs, Dairy
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	

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FLOURISH! SNACK INFO - 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)
Portion Size	1 unit each	1 unit	1 unit each	1 unit each	1 unit each
Common Allergens	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	<i>Muffin:</i> Gluten, Eggs <i>Cheese:</i> Dairy	Dairy, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries
Dietary Restrictions	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten, Vegetarian
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 Bread + Hard Boiled Egg	Chocolate Zucchini Muffins + Fruit Leather**	Green Smoothie Muffin
Portion Size	1 unit each	1 unit each	1 unit each	1 unit	1 unit
Common Allergens	Dairy	Dairy, Gluten, Eggs	Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	<i>Granola Bar:</i> Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian
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
Portion Size	1 unit each	1 unit	1 unit each	1 unit each	1 unit
Common Allergens	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Dairy, Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	Vegetarian

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