FI	LOURISH!	SNACK IN	IFO - JAN	UARY 20	24
January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
,	6	7	8	9	10
Breakfast	Granola Bars +	Cheese Scones +	Pumpkin Spice	Egg & Potato Bites	Vacuut 8 Cuanala
Snack	Yogurt Cups	Fruit Leather**	Muffins	(GF) + Fruit	Yogurt & Granola Parfait (GF)
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	Dairy	Dairy, Gluten	Gluten, Eggs	Dairy, Eggs	Yogurt: Dairy Fruit Compote: Mixed Berries
Dietary Restrictions	Granola Bar: Please see ingredients on packaging, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten, Vegetarian
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Apple Cinnamon Scones + Fruit Leather**	Chocolate Zucchini Muffins	Pear Ginger Squre + Fruit	Sausage Rolls (Turkey) + Fruit Leather**
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	Yogurt Cup: Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	Power Square: Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Breakfast Snack	20 Granola Bars (GF)+ Yogurt Cups	21 Mixed Berry Scones + Fruit Leather**		23 Oatmeal Cookies + Fruit	
	Granola Bars (GF)+	Mixed Berry Scones	22	Oatmeal Cookies +	24
Snack	Granola Bars (GF)+ Yogurt Cups	Mixed Berry Scones + Fruit Leather**	22 Rhubarb Muffins	Oatmeal Cookies + Fruit	24 Zucchini Loaf
Snack Portion Size Common	Granola Bars (GF)+ Yogurt Cups 1 unit each	Mixed Berry Scones + Fruit Leather** 1 unit	22 Rhubarb Muffins 1 unit	Oatmeal Cookies + Fruit 1 unit each	24 Zucchini Loaf 1 unit
Snack Portion Size Common Allergens Dietary	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten,	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs	Oatmeal Cookies + Fruit  1 unit each Gluten, Eggs  Made without	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy,
Snack Portion Size Common Allergens Dietary Restrictions January 27-31	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian
Snack Portion Size Common Allergens Dietary Restrictions	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tueeday	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thureday	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday  27  Power Squares	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones +	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday  29  Morning Glory	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thursday 30  Yogurt & Granola	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast Snack	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday  27  Power Squares (GF) + Yogurt Cups	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones + Fruit Leather**	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday 29  Morning Glory Muffins + Cheese	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thureday 30  Yogurt & Granola Parfait (GF)	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31  Banana Bread
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast Snack Portion Size Common	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday 27  Power Squares (GF) + Yogurt Cups  1 unit each	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones + Fruit Leather**	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday 29  Morning Glory Muffins + Cheese  1 unit each	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thuraday 30  Yogurt & Granola Parfait (GF)  1 unit each  Yogurt: Dairy Fruit Compote:	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31  Banana Bread  1 unit
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast Snack Portion Size Common Allergens Dietary	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday 27  Power Squares (GF) + Yogurt Cups  1 unit each  Yogurt Cup: Dairy  Power Square: Made without Gluten or Dairy, Vegetarian	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones + Fruit Leather**  1 unit each  Dairy, Gluten	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday 29  Morning Glory Muffins + Cheese 1 unit each  Dairy, Gluten, Eggs	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thuraday 30  Yogurt & Granola Parfait (GF)  1 unit each  Yogurt: Dairy Fruit Compote: Mixed Berries  Made without	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31  Banana Bread  1 unit  Gluten, Eggs
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast Snack Portion Size Common Allergens Dietary Restrictions	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday  27  Power Squares (GF) + Yogurt Cups  1 unit each  Yogurt Cup: Dairy  Power Square: Made without Gluten or Dairy, Vegetarian	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones + Fruit Leather**  1 unit each  Dairy, Gluten	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday 29  Morning Glory Muffins + Cheese 1 unit each  Dairy, Gluten, Eggs  Vegetarian	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thuraday 30  Yogurt & Granola Parfait (GF)  1 unit each  Yogurt: Dairy Fruit Compote: Mixed Berries  Made without	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31  Banana Bread  1 unit  Gluten, Eggs
Snack Portion Size Common Allergens Dietary Restrictions January 27-31 Breakfast Snack Portion Size Common Allergens Dietary	Granola Bars (GF)+ Yogurt Cups  1 unit each  Dairy  Granola Bar: Made without Gluten, Vegetarian  Monday  27  Power Squares (GF) + Yogurt Cups  1 unit each  Yogurt Cup: Dairy  Power Square: Made without Gluten or Dairy, Vegetarian	Mixed Berry Scones + Fruit Leather**  1 unit  Dairy, Gluten  Vegetarian  Tuesday 28  Cheese Scones + Fruit Leather**  1 unit each  Dairy, Gluten	Rhubarb Muffins  1 unit  Dairy, Gluten, Eggs  Vegetarian  Wednesday 29  Morning Glory Muffins + Cheese 1 unit each  Dairy, Gluten, Eggs  Vegetarian	Oatmeal Cookies + Fruit  1 unit each  Gluten, Eggs  Made without Dairy, Vegetarian  Thuraday 30  Yogurt & Granola Parfait (GF)  1 unit each  Yogurt: Dairy Fruit Compote: Mixed Berries  Made without	Zucchini Loaf  1 unit  Gluten, Eggs  Made without Dairy, Vegetarian  Friday 31  Banana Bread  1 unit  Gluten, Eggs

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January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
, , , , , ,	6	7	8	9	10
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables, Rice	Mac & Cheese	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	Gluten, Dairy, Eggs	Dairy	Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Lunch - Elementary	Beef Bolognese + Penne	Teryaki Steamed Vegetables & Rice	Turkey Sausage, Roasted Potato (GF), Vegetables	Cheese Quesadilla	Roasted Chicken + Steamed Vegetables + Rice
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	N/A	Gluten, Dairy	N/A
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy
		6			
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
January 20-24	Monday 20		Wednesday 22	Thursday 23	Friday 24
January 20-24  Lunch - Elementary		Tuesday	,		
Lunch -	20 Potato & Cheese	Tuesday 21 Roasted Chicken Drum, Steamed	22 Steamed Vegetables + Chow	23 Braised Chicken + Steamed	24 Tomato Sauce +
Lunch - Elementary	20 Potato & Cheese Perogies	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice 1-2 Drums size	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25	23 Braised Chicken + Steamed Vegetables + Rice 1 pan = 20-25	24  Tomato Sauce + Pasta  1 pan = 20-25
Lunch - Elementary Portion Size Common	Potato & Cheese Perogies  4 Perogies	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice 1-2 Drums size dependant	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions	23 Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions	24 Tomato Sauce + Pasta  1 pan = 20-25 portions
Lunch - Elementary Portion Size Common Allergens Dietary	Potato & Cheese Perogies  4 Perogies  Gluten, Dairy	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice  1-2 Drums size dependant  N/A  Made without	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs	Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without	24  Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies  4 Perogies  Gluten, Dairy  Vegetarian	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice 1-2 Drums size dependant  N/A  Made without Gluten or Dairy	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian	Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy	24 Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies  4 Perogies  Gluten, Dairy  Vegetarian  Monday	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice 1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday	Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thureday	24 Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions January 27-31 Lunch -	Potato & Cheese Perogies  4 Perogies  Gluten, Dairy  Vegetarian  Monday 27  Beef Bolognese +	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Coconut Curry Sauce + Steamed	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) +	23 Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30	24  Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31  Shepards Pie Mix (Beef) + Smashed
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions January 27-31 Lunch - Elementary	Potato & Cheese Perogies  4 Perogies  Gluten, Dairy  Vegetarian  Monday 27  Beef Bolognese + Penne  1 pan = 20-25	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Coconut Curry Sauce + Steamed Vegetables + Rice  1 pan = 20-25	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) + Beans  1 pan = 20-25	Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30  Mac & Cheese  1 pan = 20-25	24  Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31  Shepards Pie Mix (Beef) + Smashed Potatoes  1 pan = 20-25
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions January 27-31 Lunch - Elementary Portion Size Common	Potato & Cheese Perogies  4 Perogies  4 Perogies  Gluten, Dairy  Vegetarian  Monday  27  Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs	Tuesday 21  Roasted Chicken Drum, Steamed Vegetables, Rice  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Coconut Curry Sauce + Steamed Vegetables + Rice  1 pan = 20-25 portions	Steamed Vegetables + Chow Mein Noodles  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) + Beans  1 pan = 20-25 portions  Gluten  Made without Dairy	Braised Chicken + Steamed Vegetables + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30  Mac & Cheese  1 pan = 20-25 portions	24  Tomato Sauce + Pasta  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31  Shepards Pie Mix (Beef) + Smashed Potatoes  1 pan = 20-25 portions

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FLOURISH! MEAL INFO- JANUARY 2025						
January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday	
	6	7	8	9	10	
Lunch - Secondary	Beef Bolognese + Penne	Roasted Chicken Drum, Steamed Vegetables, Rice	Mac & Cheese	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	Gluten, Dairy, Eggs	Dairy	Eggs	
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten, Vegetarian	Made without Gluten or Dairy, Vegetarian	
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday	
	13	14	15	16	17	
Lunch - Secondary	Potato & Cheese Perogies	Vegetable Stirfry	Turkey Sausage, Potato, Vegetable Hash	Cheese, Bean & Veg Quesadilla	Chicken Fajita Casserole	
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit each	1 pan = 20-25 portions	
Common Allergens	Gluten, Dairy	N/A	N/A	Gluten, Dairy	Gluten, Dairy, Eggs	
Dietary	Vegetarian	Made without Gluten or Dairy,	Made without	Vegetarian		
Restrictions	J	Vegetarian	Gluten or Dairy			
Restrictions  January 20-24	Monday	•	Gluten or Dairy  Wednesday	Thursday	Friday	
	-	Vegetarian			Friday 24	
	Monday	Vegetarian  Tuesday	Wednesday	Thursday		
January 20-24  Lunch -	Monday 20 Beef Bolognese +	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed	Wednesday 22 Vegetarian Chow	Thursday 23 Chicken	24	
Lunch - Secondary	Monday 20 Beef Bolognese + Penne 1 pan = 20-25	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables 1-2 Drums size	Wednesday 22 Vegetarian Chow Mein 1 pan = 20-25	Thureday 23 Chicken Cacciatore + Rice 1 pan = 20-25	24 Veggie Lasagna 1 pan = 20-25	
Lunch - Secondary  Portion Size  Common	Monday 20 Beef Bolognese + Penne  1 pan = 20-25 portions	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant	Wednesday 22 Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions	Veggie Lasagna  1 pan = 20-25 portions	
Lunch - Secondary  Portion Size  Common Allergens  Dietary	Monday 20  Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy  Monday	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday	Wednesday 22  Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday	
Lunch - Secondary  Portion Size  Common Allergens  Dietary Restrictions	Monday 20  Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy	Wednesday 22 Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs	
Lunch - Secondary  Portion Size  Common Allergens  Dietary Restrictions	Monday 20  Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy  Monday	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday	Wednesday 22  Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday	
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions January 27-31 Lunch -	Monday 20 Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy  Monday 27  Potato & Cheese	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Vegetable Curry &	Wednesday 22 Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) +	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31	
Lunch - Secondary  Portion Size  Common Allergens  Dietary Restrictions  January 27-31  Lunch - Secondary	Monday 20 Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy  Monday 27  Potato & Cheese Perogies	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Vegetable Curry & Rice  1 pan = 20-25	Wednesday 22  Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) + Beans  1 pan = 20-25	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30  Mac & Cheese  1 pan = 20-25	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31  Shepards Pie (Beef)  1 pan = 20-25	
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions January 27-31 Lunch - Secondary Portion Size Common	Monday 20  Beef Bolognese + Penne  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy  Monday 27  Potato & Cheese Perogies  4 perogies  Gluten, Dairy  Vegetarian	Vegetarian  Tuesday 21  Roasted Chicken Drum, Steamed Vegetables  1-2 Drums size dependant  N/A  Made without Gluten or Dairy  Tuesday 28  Vegetable Curry & Rice  1 pan = 20-25 portions	Wednesday 22  Vegetarian Chow Mein  1 pan = 20-25 portions  Gluten, Eggs  Made without Dairy, Vegetarian  Wednesday 29  Weiners (Beef) + Beans  1 pan = 20-25 portions  Gluten  Made without Dairy	Thursday 23 Chicken Cacciatore + Rice  1 pan = 20-25 portions  N/A  Made without Gluten or Dairy  Thursday 30  Mac & Cheese  1 pan = 20-25 portions	Veggie Lasagna  1 pan = 20-25 portions  Gluten, Dairy, Eggs  Vegetarian  Friday 31  Shepards Pie (Beef)  1 pan = 20-25 portions	

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