



## **FLOURISH! MENU - FEBRUARY 2025**

February 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Breakfast Snack</b>	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookies + Fruit Leather	Pumpkin Spice Muffins	Egg & Potato Bites (GF) + Fruit	Blueberry Scones
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry (GF)+ Green Salad	Turkey Sausage, Potato, Vegetable Hash (GF)+ Raw Veg & Dip	Marinara Pasta + Caesar Salad	Chicken Fajita Casserole (GF) + Black Bean Salad
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Teryaki Steamed Vegetables & Rice (GF) + Green Salad	Turkey Sausage, Roasted Potato (GF), Vegetables + Raw Veg & Dip	Marinara Pasta + Caesar Salad	Braised Chicken + Vegetables + Rice (GF) + Black Bean Salad
February 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather	Banana Bread	Chocolate Zucchini Muffins	PROD
<b>Lunch - Secondary</b>	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salad	Vegetarian Chili + Cheddar Scones + Raw Veg & Dip	Rose Mac & Cheese + Beet & Spinach Salad	
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Rice (GF) + Green Salad	Vegetarian Chili + Cheddar Scones + Raw Veg & Dip	Rose Mac & Cheese + Green Salad	
February 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
<b>Breakfast Snack</b>	STAT	Granola Bars + Yogurt Cups	Morning Glory Muffin	Pear Ginger Square + Fruit	Turkey Sausage Roll
<b>Lunch - Secondary</b>		Vegetarian Chow Mein + Raw Veg & Dip	Cabbage Roll Casserole (Beef) + Greek Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad	Veggie Lasagna + Green Salad
<b>Lunch - Elementary</b>		Steamed Vegetables + Chow Mein Noodles + Raw Veg & Dip	Cabbage Roll Meatballs (Beef) + Greek Salad	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	Tomato Sauce + Pasta + Green Salad
February 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Mixed Berry Scone + Fruit Leather	Green Smoothy Muffin + Cheddar	Yogurt & Granola Parfait (GF)	Oatmeal Cookie + Fruit
<b>Lunch - Secondary</b>	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salad	Mexican Veggie Lasagna (GF) + Green Salad	Mechado Stew (Beef) + Rice + Raw Veg & Dip	Turkey Sausage, Potato, Vegetable Hash (GF)+ Green Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Rice (GF) + Greek Salad	Mexican Veggie Lasagna (GF) + Green Salad	Mechado Braised Beef + Vegetables + Rice + Raw Veg & Dip	Turkey Sausage, Roasted Potato (GF), Vegetables + Green Salad

**[www.flourishschoolfood.ca](http://www.flourishschoolfood.ca)**

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! SNACK INFO - February 2024

February 3-7					
	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Breakfast Snack</b>	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookies + Fruit Leather	Pumpkin Spice Muffins	Egg & Potato Bites (GF) + Fruit	Blueberry Scones
<b>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
<b>Common Allergens</b>	Dairy	Gluten, Eggs	Gluten, Eggs	Dairy, Eggs	Dairy, Gluten
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Please see ingredients on packaging, Vegetarian	Made without Dairy, Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian
February 10-14					
	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather **	Banana Bread	Chocolate Zucchini Muffins	PROD
<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	Gluten, Eggs	Gluten, Eggs	
<b>Dietary Restrictions</b>	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
February 17-21					
	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
<b>Breakfast Snack</b>	STAT	Granola Bars + Yogurt Cups	Morning Glory Muffin	Pear Ginger Square + Fruit Leather**	Turkey Sausage Roll + Fruit
<b>Portion Size</b>		1 unit	1 unit	1 unit each	1 unit each
<b>Common Allergens</b>		Dairy, Gluten	Dairy, Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
<b>Dietary Restrictions</b>		Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
February 24-28					
	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Mixed Berry Scone + Fruit Leather **	Green Smoothy Muffin + Cheddar	Yogurt & Granola Parfait (GF)	Oatmeal Cookie + Fruit
<b>Portion Size</b>	1 unit each	1 unit each	1 unit each	1 unit each	1 unit each
<b>Common Allergens</b>	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Dairy, Gluten, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries	Gluten, Eggs
<b>Dietary Restrictions</b>	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian
**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.					
Each recipe contains different fruit and berries.					

## FLOURISH! MEAL INFO - February 2025

February 3-7					
	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Teryaki Steamed Vegetables & Rice (GF)	Turkey Sausage, Roasted Potato (GF), Vegetables + Raw Veg & Dip	Marinara Pasta	Braised Chicken + Steamed Vegetables + Rice (GF)
<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	N/A	Gluten, Dairy, Eggs	N/A
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy
February 10-14					
	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Roasted Chicken Drum, Rice (GF)	Vegetarian Chili + Cheddar Scones	Rose Mac & Cheese	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	Scones: Gluten, Dairy Chili: N/A	Gluten, Dairy, Eggs	
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Vegetarian	
February 17-21					
	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
<b>Lunch - Elementary</b>	STAT	Teryaki Steamed Vegetables + Chow Mein Noodles	Cabbage Roll' Meatballs (Beef)	Pizza Quesadilla (Tomato sauce, cheese)	Vegetable Tomato Sauce + Pasta
<b>Portion Size</b>		1 pan = 20-25 portions	1 each	1 each	1 pan = 20-25 portions
<b>Common Allergens</b>		Gluten, Eggs	Gluten, Eggs	Gluten, Dairy	Gluten, Dairy, Eggs
<b>Dietary Restrictions</b>		Made without Dairy, Vegetarian		Vegetarian	Vegetarian
February 24-28					
	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Roasted Chicken Drum, Rice (GF)	Mexican Veggie Lasagna (GF)	Mechado Braised Beef + Vegetables + Rice	Turkey Sausage + Roasted Potato (GF) + Vegetables
<b>Portion Size</b>	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
<b>Common Allergens</b>	Gluten, Eggs	N/A	Dairy	Gluten	N/A
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy	Made without Gluten, Vegetarian	Made without Dairy	Made without Gluten or Dairy
**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.					
Each recipe contains different fruit and berries.					

## FLOURISH! MEAL INFO- February 2025

February 3-7					
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
<b>Lunch - Secondary</b>	Beef Bolognese + Penne	Vegetable Stirfry (GF)	Turkey Sausage, Potato, Vegetable Hash (GF)	Marinara Pasta	Chicken Fajita Casserole (GF)
<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	N/A	Gluten, Dairy, Eggs	Dairy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian	Made without Gluten
February 10-14					
Monday	Tuesday	Wednesday	Thursday	Friday	
10	11	12	13	14	
<b>Lunch - Secondary</b>	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables(GF)	Vegetarian Chili + Cheddar Scones	Rose Mac & Cheese	PRO D DAY
<b>Portion Size</b>	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
<b>Common Allergens</b>	Gluten, Dairy	N/A      Salad: Sesame	Scones: Gluten, Dairy      Chili: N/A	Gluten, Dairy, Eggs	
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy	Vegetarian	Vegetarian	
February 17-21					
Monday	Tuesday	Wednesday	Thursday	Friday	
17	18	19	20	21	
<b>Lunch - Secondary</b>	STAT	Vegetarian Chow Mein	Cabbage Roll Casserole (Beef)	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Veggie Lasagna
<b>Portion Size</b>		1 pan = 20-25 portions	1 pan = 20-25 portions	1 each	1 pan = 20-25 portions
<b>Common Allergens</b>		Gluten, Eggs	Gluten, Eggs	Gluten, Dairy	Gluten, Dairy, Eggs
<b>Dietary Restrictions</b>		Made without Dairy, Vegetarian		Vegetarian	Vegetarian
February 24-28					
Monday	Tuesday	Wednesday	Thursday	Friday	
24	25	26	27	28	
<b>Lunch - Secondary</b>	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables(GF)	Mexican Veggie Lasagna (GF)	Mechado Stew (Beef) + Rice	Turkey Sausage, Potato, Vegetable Hash (GF)
<b>Portion Size</b>	4 perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Dairy	N/A      Salad: Sesame	Dairy	Gluten	N/A
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy	Made without Gluten, Vegetarian	Made without Dairy	Made without Gluten or Dairy
**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.					
Each recipe contains different fruit and berries.					