

FLOURISH! MENU - FEBRUARY 2025

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

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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.

F	LOURISH	SNACK II	VFO - Feb	ruary 20	24
February 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
,	3	4	5	6	7
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Oatmeal Cookies + Fruit Leather	Pumpkin Spice Muffins	Egg & Potato Bites (GF) + Fruit	Blueberry Scones
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	Dairy	Gluten, Eggs	Gluten, Eggs	Dairy, Eggs	Dairy, Gluten
Dietary Restrictions	Granola Bar: 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
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather **	Banana Bread	Chocolate Zucchini Muffins	PRO D
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	
Common Allergens	Yogurt Cup: Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	
Dietary Restrictions	Power Square: Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
	ŭ				
February 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
February 17-21	, i	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
February 17-21 Breakfast Snack	Monday				_
Breakfast	Monday 17	18 Granola Bars +	19 Morning Glory	20 Pear Ginger Square	21 Turkey Sausage Roll
Breakfast Snack	Monday 17	18 Granola Bars + Yogurt Cups	19 Morning Glory Muffin	20 Pear Ginger Square + Fruit Leather**	21 Turkey Sausage Roll + Fruit
Breakfast Snack Portion Size Common	Monday 17	18 Granola Bars + Yogurt Cups 1 unit	19 Morning Glory Muffin 1 unit	20 Pear Ginger Square + Fruit Leather** 1 unit each	21 Turkey Sausage Roll + Fruit 1 unit each
Breakfast Snack Portion Size Common Allergens Dietary	Monday 17	Granola Bars + Yogurt Cups 1 unit Dairy, Gluten	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without	21 Turkey Sausage Roll + Fruit 1 unit each
Breakfast Snack Portion Size Common Allergens Dietary Restrictions	Monday 17 STAT	Granola Bars + Yogurt Cups 1 unit Dairy, Gluten Vegetarian	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs Vegetarian	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without Dairy, Vegetarian	21 Turkey Sausage Roll + Fruit 1 unit each Dairy, Gluten, Eggs
Breakfast Snack Portion Size Common Allergens Dietary Restrictions	Monday 17 STAT	18 Granola Bars + Yogurt Cups 1 unit Dairy, Gluten Vegetarian Tuesday	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without Dairy, Vegetarian Thursday	21 Turkey Sausage Roll + Fruit 1 unit each Dairy, Gluten, Eggs
Breakfast Snack Portion Size Common Allergens Dietary Restrictions February 24-28 Breakfast	Monday 17 STAT Monday 24 Power Squares	18 Granola Bars + Yogurt Cups 1 unit Dairy, Gluten Vegetarian Tuesday 25 Mixed Berry Scone	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 26 Green Smoothy	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without Dairy, Vegetarian Thuraday 27 Yogurt & Granola	Turkey Sausage Roll + Fruit 1 unit each Dairy, Gluten, Eggs Friday 28 Oatmeal Cookie +
Breakfast Snack Portion Size Common Allergens Dietary Restrictions February 24-28 Breakfast Snack	Monday 17 STAT Monday 24 Power Squares (GF) + Yogurt Cups	Granola Bars + Yogurt Cups 1 unit Dairy, Gluten Vegetarian Tuesday 25 Mixed Berry Scone + Fruit Leather **	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 26 Green Smoothy Muffin + Cheddar	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without Dairy, Vegetarian Thuraday 27 Yogurt & Granola Parfait (GF)	21 Turkey Sausage Roll + Fruit 1 unit each Dairy, Gluten, Eggs Friday 28 Oatmeal Cookie + Fruit
Breakfast Snack Portion Size Common Allergens Dietary Restrictions February 24-28 Breakfast Snack Portion Size Common	Monday 17 STAT Monday 24 Power Squares (GF) + Yogurt Cups 1 unit each	Granola Bars + Yogurt Cups 1 unit Dairy, Gluten Vegetarian Tuesday 25 Mixed Berry Scone + Fruit Leather **	Morning Glory Muffin 1 unit Dairy, Gluten, Eggs Vegetarian Wednesday 26 Green Smoothy Muffin + Cheddar 1 unit each	Pear Ginger Square + Fruit Leather** 1 unit each Gluten, Eggs Made without Dairy, Vegetarian Thursday 27 Yogurt & Granola Parfait (GF) 1 unit each Yogurt: Dairy Fruit Compote:	21 Turkey Sausage Roll + Fruit 1 unit each Dairy, Gluten, Eggs Friday 28 Oatmeal Cookie + Fruit 1 unit each

F	LOURISH	? MEAL IN	FO - Febi	ruary 202	25
February 3-7	Monday	Tuesday	Wednesday	Thureday	Friday
,	3	4	5	6	7
Lunch - Elementary	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)
Entrée 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
February 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum, Rice (GF)	Vegetarian Chili + Cheddar Scones	Rose Mac & Cheese	PRO D DAY
Portion Size	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	Scones: Gluten, Dairy Chili: N/A	Gluten, Dairy, Eggs	
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Vegetarian	Vegetarian	
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February 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
February 17-21	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Lunch - Elementary				_	_
Lunch -	17	18 Teryaki Steamed Vegetables + Chow	19 Cabbage Roll'	20 Pizza Quesadilla (Tomato sauce,	21 Vegetable Tomato
Lunch - Elementary	17	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25	Cabbage Roll' Meatballs (Beef)	Pizza Quesadilla (Tomato sauce, cheese)	Vegetable Tomato Sauce + Pasta
Lunch - Elementary Portion Size Common	17	18 Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions	Cabbage Roll' Meatballs (Beef)	Pizza Quesadilla (Tomato sauce, cheese)	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions
Lunch - Elementary Portion Size Common Allergens Dietary	17	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs	Cabbage Roll' Meatballs (Beef)	Pizza Quesadilla (Tomato sauce, cheese) 1 each	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	STAT	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	Cabbage Roll' Meatballs (Beef) 1 each Gluten, Eggs	Pizza Quesadilla (Tomato sauce, cheese) 1 each Gluten, Dairy Vegetarian	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	STAT Monday	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday	Cabbage Roll' Meatballs (Beef) 1 each Gluten, Eggs	Pizza Quesadilla (Tomato sauce, cheese) 1 each Gluten, Dairy Vegetarian Thursday	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch -	Monday 24 Beef Bolognese +	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken	Cabbage Roll' Meatballs (Beef) 1 each Gluten, Eggs Wednesday 26 Mexican Veggie	Pizza Quesadilla (Tomato sauce, cheese) 1 each Gluten, Dairy Vegetarian Thuraday 27 Mechado Braised Beef + Vegetables +	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage + Roasted Potato
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch - Elementary	Monday 24 Beef Bolognese + Penne 1 pan = 20-25	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken Drum, Rice (GF) 1-2 Drums size	Cabbage Roll' Meatballs (Beef) 1 each Gluten, Eggs Wednesday 26 Mexican Veggie Lasagna (GF) 1 pan = 20-25	Pizza Quesadilla (Tomato sauce, cheese) 1 each Gluten, Dairy Vegetarian Thuraday 27 Mechado Braised Beef + Vegetables + Rice 1 pan = 20-25	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage + Roasted Potato (GF) + Vegetables 1 pan = 20-25
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch - Elementary Portion Size Common	Monday 24 Beef Bolognese + Penne 1 pan = 20-25 portions	Teryaki Steamed Vegetables + Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken Drum, Rice (GF) 1-2 Drums size dependant	Cabbage Roll' Meatballs (Beef) 1 each Gluten, Eggs Wednesday 26 Mexican Veggie Lasagna (GF) 1 pan = 20-25 portions	Pizza Quesadilla (Tomato sauce, cheese) 1 each Gluten, Dairy Vegetarian Thursday 27 Mechado Braised Beef + Vegetables + Rice 1 pan = 20-25 portions	Vegetable Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage + Roasted Potato (GF) + Vegetables 1 pan = 20-25 portions

F	LOURISH	! MEAL IN	FO- Febi	uary 202	25
February 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch - Secondary	Beef Bolognese + Penne	Vegetable Stirfry (GF)	Turkey Sausage, Potato, Vegetable Hash (GF)	Marinara Pasta	Chicken Fajita Casserole (GF)
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	N/A	Gluten, Dairy, Eggs	Dairy
Dietary Restrictions	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
Lunch - Secondary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables(GF)	Vegetarian Chili + Cheddar Scones	Rose Mac & Cheese	PRO D DAY
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common Allergens	Gluten, Dairy	N/A Salad: Sesame	Scones: Gluten, Dairy Chili: N/A	Gluten, Dairy, Eggs	
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Vegetarian	Vegetarian	
February 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
February 17-21	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Lunch - Secondary	Monday 17 STAT	_			
Lunch -	17	18 Vegetarian Chow	19 Cabbage Roll	Pizza Quesadilla (tomato sauce, cheese, peppers,	21
Lunch - Secondary	17	Vegetarian Chow Mein	Cabbage Roll Casserole (Beef) 1 pan = 20-25	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Veggie Lasagna 1 pan = 20-25
Lunch - Secondary Portion Size Common	17	Vegetarian Chow Mein 1 pan = 20-25 portions	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Veggie Lasagna 1 pan = 20-25 portions
Lunch - Secondary Portion Size Common Allergens Dietary	17	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy,	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions	STAT	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions Gluten, Eggs	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy Vegetarian	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions	STAT Monday	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions Gluten, Eggs	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy Vegetarian Thursday	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch -	Monday 24 Potato & Cheese	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken Drum, Steamed	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions Gluten, Eggs Wednesday 26 Mexican Veggie	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy Vegetarian Thursday 27 Mechado Stew	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage, Potato, Vegetable
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch - Secondary	Monday 24 Potato & Cheese Perogies	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken Drum, Steamed Vegetables(GF) 1-2 Drums size	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions Gluten, Eggs Wednesday 26 Mexican Veggie Lasagna (GF) 1 pan = 20-25	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy Vegetarian Thuraday 27 Mechado Stew (Beef) + Rice 1 pan = 20-25	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage, Potato, Vegetable Hash (GF) 1 pan = 20-25
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions February 24-28 Lunch - Secondary Portion Size Common	Monday 24 Potato & Cheese Perogies 4 perogies	Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian Tuesday 25 Roasted Chicken Drum, Steamed Vegetables(GF) 1-2 Drums size dependant N/A Salad:	Cabbage Roll Casserole (Beef) 1 pan = 20-25 portions Gluten, Eggs Wednesday 26 Mexican Veggie Lasagna (GF) 1 pan = 20-25 portions	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy Vegetarian Thursday 27 Mechado Stew (Beef) + Rice 1 pan = 20-25 portions	Veggie Lasagna 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian Friday 28 Turkey Sausage, Potato, Vegetable Hash (GF) 1 pan = 20-25 portions