



FLOURISH! MENU- MARCH 2025

March 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Cheese Scones + Fruit Leather	Pineapple Coconut Muffins	Potato & Egg Bites (GF)+ Fruit	Apple Squash Muffins + Cheese
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice (GF) + Green Salad	Roasted Vegetable Penne Bake + Greek Salad	Teryaki Ulivit Crumblz ** & Fried Rice (GF) + Raw Veg & Dip	Chicken Cacciatore (GF) + Rice + Green Salad
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce (GF) + Rice + Raw Veg & Dip	Penne + Marinara + Greek Salad	Teryaki Ulivit Crumblz ** & Fried Rice (GF) + Raw Veg & Dip	Braised Chicken (GF) + Rice + Green Salad
March 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Apple Cinnamon Scones + Fruit Leather	Rhubarb Breakfast Square	Chocolate Zucchini Muffin + Fruit	Turkey Sausage Roll
Lunch - Secondary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Steamed Vegetables(GF) + Sushi Salald	Vegetarian Chili (GF) + Cheddar Scones + Raw Veg & Dip	Pasta Primavera + Green Salad	Cheese & Vegetable Quesadilla + Black Bean Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum + Roasted Poatoes (GF) + Greek Salad	Vegetarian Chili (GF) + Rice + Raw Veg & Dip	Mac & Cheese + Green Salad	Cheese Quesadilla + Black Bean Salad

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 - MARCH 2025

March 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Cheese Scones	Pineapple Coconut Muffins	Potato & Egg Bites	Apple Squash Muffins + Cheese
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	Dairy	Gluten, Dairy	Gluten, Eggs	Dairy, Eggs	<i>Muffins:</i> Gluten, Dairy <i>Cheese:</i> Dairy
Dietary Restrictions	<i>Granola Bar:</i> Please see ingredients on packaging, Vegetarian	Vegetarian	Made without Dairy, Vegetarian	Made without Gluten, Vegetarian	Vegetarian
March 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Apple Cinnamon Scones	Rhubarb Breakfast Square	Chocolate Zucchini Muffin	Turkey Sausage Roll
Portion Size	1 unit each	1 unit each	1 unit	1 unit	1 unit
Common Allergens	<i>Yogurt Cup:</i> Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	<i>Power Square:</i> Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Dairy, 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- MARCH 2025

March 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch - Elementary	Potato & Cheese Perogies	Coconut Curry Sauce & Rice	Penne + Marinara	Teryaki Ulivit Crumblz & Fried Rice	Braised Chicken + Rice
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	Gluten, Dairy, Eggs	N/A	N/A
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy
March 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum + Roasted Poatoes	Vegetarian Chili + Rice	Mac & Cheese	Cheese Quesadilla
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	Gluten, Dairy,
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian

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FLOURISH! MEAL INFO- MARCH 2025

March 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch - Secondary	Beef Bolognese	Vegetable Curry & Rice	Roasted Vegetable Penne Bake	Teryaki Ulivit Crumblz ** & Fried Rice	Chicken Cacciatore & Rice
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	Gluten, Dairy, Eggs	N/A	N/A
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Gluten or Dairy, Vegetarian	Made without Dairy, Gluten
March 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch - Secondary	Potato & Cheese Perogies	Roasted Chicken Drum + Steamed Vegetables	Vegetarian Chili (GF) + Cheddar Scones	Pasta Primavera	Cheese & Vegetable Quesadilla
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 each
Common Allergens	Gluten, Dairy	N/A Salad: Sesame	Scones: Gluten, Dairy Chili: N/A	Gluten, Dairy, Eggs	Gluten, Dairy
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Vegetarian	Vegetarian	Vegetarian

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