



## FLOURISH! MENU- APRIL 2025

March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Breakfast Snack</b>	Granola Bars + Yogurt Cups	Berry Scone + Fruit Leather	Morning Glory Muffins	Egg & Potato Bites (GF) + Fruit	Oatmeal Cookies + Fruit Leather
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi 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	Roasted Chicken Drum, Rice (GF) + Greek Salad	Turkey Sausage & Roasted Potato (GF) + Raw Veg & Dip	Marinara Pasta + Caesar Salad	Braised Chicken + Rice (GF) + Black Bean Salad
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather	Banana Bread	Chocolate Zucchini Muffins	PRO D
<b>Lunch - Secondary</b>	Potato & Cheese Perogies + Caesar Salad	Sweet & Sour Chicken Meatball + Rice + Green Salad	Beefaroni + Greek Salad	Butter Chicken & Veg + Rice + Raw Veg + Dip	Taco Salad - Spiced Beef & Beans + Taco Salad
<b>Lunch - Elementary</b>	Beef Bolognese + Penne + Caesar Salad	Sweet & Sour Chicken Meatball + Rice + Green Salad	Beefaroni + Greek Salad	Butter Chicken + Rice + Raw Veg + Dip	PRO D
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Breakfast Snack</b>	Granola Bars (GF) + Yogurt Cups	Apple Cinnamon Scone + Fruit Leather **	Yogurt & Granola Parfait (GF)	Rhubarb Breakfast Square + Fruit	GOOD FRIDAY
<b>Lunch - Secondary</b>	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice (GF) + Raw Veg & Hummus	Vegetarian Chili + Cheddar Scones + Green Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad	GOOD FRIDAY
<b>Lunch - Elementary</b>	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce + Rice (GF) + Raw Veg & Hummus	Vegetarian Chili + Rice + Green Salad	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	GOOD FRIDAY
April 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Breakfast Snack</b>	EASTER MONDAY	Mixed Berry Scone + Fruit Leather	Zucchini Bread + Cheddar	Yogurt & Granola Parfait (GF)	Oatmeal Cookie + Fruit
<b>Lunch - Secondary</b>	EASTER MONDAY	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salad	Vegetarian Chow Mein + Green Salad	Pasta Primavera + Greek Salad	Mechado Braised Beef + Vegetables + Rice + Raw Veg & Dip
<b>Lunch - Elementary</b>	EASTER MONDAY	Roasted Chicken Drum, Rice (GF) + Greek Salad	Vegetarian Chow Mein Noodles + Green Salad	Mac & Cheese + Greek Salad	Mechado Stew (Beef) + Rice + Raw Veg & Dip

**[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 - APRIL 2025

March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
<b>Breakfast Snack</b>	Granola Bars + Yogurt Cups	Berry Scone + Fruit Leather**	Morning Glory Muffins	Egg & Potato Bites (GF) + Fruit	Oatmeal Cookies + Fruit Leather**
<b>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit	1 unit each
<b>Common Allergens</b>	<i>Granola Bar:</i> Please see ingredients on packaging, Vegetarian	Dairy, Gluten	Dairy, Gluten, Eggs	Dairy, Eggs	Gluten, Eggs
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Please see ingredients on packaging, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
<b>Breakfast Snack</b>	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather**	Banana Bread + Fruit	Chocolate Zucchini Muffins	PROD DAY
<b>Portion Size</b>	1 unit each	1 unit each	1 unit	1 unit	
<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	
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
<b>Breakfast Snack</b>	Granola Bars (GF) + Yogurt Cups	Apple Cinnamon Scone + Fruit Leather **	Yogurt & Granola Parfait (GF)	Rhubarb Breakfast Square + Fruit	STAT
<b>Portion Size</b>	1 unit each	1 unit	1 unit each	1 unit each	
<b>Common Allergens</b>	Dairy	Dairy, Gluten	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries	Gluten, Eggs	
<b>Dietary Restrictions</b>	<i>Granola Bar:</i> Made without Gluten, Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian	
April 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
<b>Breakfast Snack</b>	STAT	Mixed Berry Scone + Fruit Leather**	Zucchini Bread + Cheddar	Yogurt & Granola Parfait (GF)	Oatmeal Cookie + Fruit
<b>Portion Size</b>		1 unit each	1 unit	1 unit each	1 unit each
<b>Common Allergens</b>		Dairy, Gluten	Gluten, Eggs	<i>Yogurt:</i> Dairy <i>Fruit Compote:</i> Mixed Berries	Gluten, Eggs
<b>Dietary Restrictions</b>		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 - ELEMENTARY - APRIL 2025**

March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Roasted Chicken Drum, Rice (GF)	Turkey Sausage & Roasted Potato (GF)	Marinara Pasta	Braised Chicken + 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	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Sweet & Sour Chicken Meatball + Rice	Beefaroni	Butter Chicken + Rice	STAT
<b>Portion Size</b>	1 pan = 20-25 portions	1 each	1 pan = 20-25 portions	1 pan = 20-25 portions	
<b>Common Allergens</b>	Gluten, Eggs	Gluten, Eggs	Gluten, Dairy, Eggs	N/A	
<b>Dietary Restrictions</b>	Made without Dairy	Made without Dairy		Made without Gluten or Dairy	
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Coconut Curry Sauce + Rice (GF)	Vegetarian Chili + Rice	Pizza Quesadilla	STAT
<b>Portion Size</b>	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 each	
<b>Common Allergens</b>	Gluten, Dairy	N/A	N/A	Gluten, Dairy	
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	
April 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
<b>Lunch - Elementary</b>	STAT	Roasted Chicken Drum, Rice (GF)	Vegetarian Chow Mein Noodles	Mac & Cheese	Mechado Stew (Beef) + Rice
<b>Portion Size</b>		1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>		N/A	Gluten, Eggs	Gluten, Dairy, Eggs	Gluten
<b>Dietary Restrictions</b>		Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	Made without Dairy
<b>**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.</b> Each recipe contains different fruit and berries.					

## **FLOURISH! MEAL INFO - SECONDARY - APRIL 2025**

March 31st-April 4th	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Lunch - Secondary</b>	Beef Bolognese + Penne	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Turkey Sausage, Potato, Vegetable Hash (GF)	Marinara Pasta	Chicken Fajita Casserole (GF)
<b>Entrée 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 Salad: Sesame	N/A	Gluten, Dairy, Eggs	Dairy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten
April 7th-April 11th	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Lunch - Secondary</b>	Potato & Cheese Perogies	Sweet & Sour Chicken Meatball + Rice	Beeferoni + Greek Salad	Butter Chicken & Veg + Rice	Taco Salad - Spiced Beef & Beans + Taco Salad
<b>Portion Size</b>	4 perogies	1 each	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Dairy	Gluten, Eggs	Gluten, Dairy, Eggs	N/A	Dairy
<b>Dietary Restrictions</b>	Vegetarian	Made without Dairy		Made without Gluten or Dairy	Made without Gluten
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Lunch - Secondary</b>	Beef Bolognese + Penne	Vegetable Curry & Rice (GF)	Vegetarian Chili + Cheddar Scones	Pizza Quesadilla	STAT
<b>Portion Size</b>	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 each	
<b>Common Allergens</b>	Gluten, Eggs	N/A	Scones: Gluten, Dairy Chili: N/A	Gluten, Dairy	
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	
April 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Lunch - Secondary</b>	STAT	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Vegetarian Chow Mein	Pasta Primavera	Mechado Braised Beef + Vegetables + Rice
<b>Portion Size</b>		1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>		N/A Salad: Sesame	Gluten, Eggs	Gluten, Dairy, Eggs	Gluten
<b>Dietary Restrictions</b>		Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	Made without Dairy
**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries. Each recipe contains different fruit and berries.					