



FLOURISH! MENU- MAY 2025

April 28-May 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Breakfast Snack	Granola Bars + Yogurt Cups	Banana Breakfast Cookies + Fruit Leather**	Zucchini Loaf	Cheese and Potato Egg Bites + Fruit	Apple Oatmeal Muffins + Cheddar Cheese Slices
Lunch - Secondary	Potato + Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables + Sushi Salad	Beeferoni + Raw Veg & Dip	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Greek Salad	Veggie Lasagna + Green Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Rice (GF) + Green Salad	Beeferoni + Raw Veg & Dip	Pizza Quesadilla (Tomato sauce, cheese) + Greek Salad	Tomato Sauce + Pasta + Green Salad
May 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Breakfast Snack	Power Squares + Yogurt Cups	Berry Scones + Fruit Leather**	Green Smoothie Muffins	Chicken Sausage Rolls + Fruit	Oatmeal Cookies + Fruit Leather**
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Marinara Beef Meatball + Egg Noodles + Greek Salad	Egg Fried Rice + Raw Veg & Dip	Butter Chicken + Potatoes + Veg + Green Salad	Vegetarian Chili + Rice + Raw Veg + Hummus
Lunch - Elementary	Potato + Cheese Perogies + Caesar Salad	Marinara Beef Meatball + Rice + Greek Salad	Egg Fried Rice + Raw Veg & Dip	Butter Chicken + Potatoes + Green Salad	Vegetarian Chili + Rice + Raw Veg + Hummus
May 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Breakfast Snack	PRO-D-DAY - SD62	Granola Bars + Yogurt Cups	Crispy Cereal Balls + Fruit	Banana Bread	Pumpkin Muffins + Cheddar Cheese Slices
Lunch - Secondary	Potato + Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg + Hummus	Marinara Pasta + Caesar Salad	Chicken Cacciatore + Rice + Green Salad	PRO-D-DAY SD60 Beeferoni + Greek Salad
Lunch - Elementary	PRO-D-DAY - SD62	Coconut Curry Sauce + Rice + Raw Veg + Hummus	Marinara Pasta + Caesar Salad	Braised Chicken + Rice + Green Salad	Beeferoni + Greek Salad
May 19 - 23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Breakfast Snack	STAT	Power Squares + Yogurt Cups	Pear Ginger & Oatmeal Muffins	Granola + Yogurt Parfait	Chocolate Zucchini Muffins
Lunch - Secondary	VICTORIA DAY	Roasted Chicken Drum, Steamed Vegetables + Sushi Salad	Mac & Cheese + Caesar Salad	Taco Salad - Spiced Beef & Beans + Taco Salad	Vegetable Stirfry + Green Salad
Lunch - Elementary	VICTORIA DAY	Roasted Chicken Drum, Rice (GF) + Greek Salad	Mac & Cheese + Caesar Salad	Taco Salad - Spiced Beef & Beans + Taco Salad	Teryaki Carrots & Pea Crumble + Rice + Green Salad
May 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Breakfast Snack	Granola Bars + Yogurt Cups	Cheddar Scones + Fruit Leather**	Banana Bread + Fruit	Cheese Potato and Egg Bites	Apple Oatmeal Muffins + Sliced Cheddar Cheese
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Turkey Sausage, Potato, Vegetable Hash + Raw Veg & Dip	Beeferoni + Strawberry & Spinach Salad	Chicken Fajita Casserole + Raw Veg + Hummus	Vegetarian Chow Mein + Black Bean Salad
Lunch - Elementary	Potato + Cheese Perogies + Caesar Salad	Turkey Sausage & Roasted Potato + Raw Veg & Dip	Beeferoni + Greek Salad	Chicken Fajita Casserole + Raw Veg + Hummus	Vegetarian Chow Mein Noodles + 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 - MAY 2025

April 28-May 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Breakfast Snack	Granola Bars + Yogurt Cups	Banana Breakfast Cookies + Fruit Leather**	Zucchini Loaf	Cheese and Potato Egg Bites + Fruit	Apple Oatmeal Muffins + Cheddar Cheese Slices
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	Gluten, Dairy, Eggs
Dietary Restrictions	<i>Granola Bar:</i> Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Gluten	Vegetarian
May 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Berry Scones + Fruit Leather**	Green Smoothie Muffins	Chicken Sausage Rolls + Fruit	Oatmeal Cookies + Fruit Leather**
Portion Size	1 unit each	1 unit each	1 unit	1 unit each	1 unit each
Common Allergens	<i>Yogurt Cup:</i> Dairy	Gluten, Dairy	Gluten, Dairy, Eggs	Gluten, Dairy, Eggs	Gluten, Eggs
Dietary Restrictions	Made without Gluten	Vegetarian	Vegetarian		Vegetarian
May 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Breakfast Snack	PRO-D-DAY - SD62	Granola Bars + Yogurt Cups	Crispy Cereal Balls + Fruit	Banana Bread	Pumpkin Muffins + Cheddar Cheese Slices
Portion Size		1 unit each	1 unit each	1 unit	1 unit each
Common Allergens	PRO-D-DAY - SD62	Gluten, Dairy	N/A	Gluten, Eggs	Gluten, Dairy
Dietary Restrictions	PRO-D-DAY - SD62	Vegetarian	Made without Gluten, Vegetarian	Vegetarian	Vegetarian
May 19 - 23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Breakfast Snack	STAT	Power Squares (GF) + Yogurt Cups	Pear Ginger & Oatmeal Muffins	Granola & Yogurt Parfaits	Chocolate Zucchini Muffins
Portion Size		1 unit each	1 unit	1 unit each	1 unit
Common Allergens	VICTORIA DAY	<i>Yogurt Cup:</i> Dairy	Gluten, Eggs	Dairy	Gluten, Eggs
Dietary Restrictions	VICTORIA DAY	Made without Gluten, Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian
May 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Cheddar Scones + Fruit Leather**	Banana Bread + Fruit	Cheese Potato and Egg Bites	Apple Oatmeal Muffins + Sliced Cheddar Cheese
Portion Size	1 unit each	1 unit each	1 unit each	1 unit	1 unit each
Common Allergens	Dairy, Gluten	Gluten, Dairy	Gluten, Eggs	Gluten, Eggs	<i>Muffins:</i> Gluten, Dairy <i>Cheese:</i> Dairy
Dietary Restrictions	Made without Gluten, Vegetarian	Made without Gluten, Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian

FLOURISH! MEAL INFO- MAY 2025

April 28-May 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	1	2	3	4
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum + Rice	Beeferoni	Pizza Quesadilla (Tomato sauce, cheese)	Tomato Sauce + Pasta
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 each	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A	Gluten, Dairy, Eggs	Gluten, Dairy	Gluten, Dairy, Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy	Vegetarian	Vegetarian
May 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Elementary	Potato & Cheese Perogies	Marinara Beef Meatball + Egg Noodles	Egg Fried Rice	Butter Chicken + Potatoes	Vegetarian Chili + Rice
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	Gluten, Dairy, Eggs	Eggs	N/A	N/A Hummus: Sesame
Dietary Restrictions	Vegetarian		Vegetarian		Vegetarian
May 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Elementary	PRO-D-DAY - SD62	Coconut Curry Sauce + Rice	Marinara Pasta	Braised Chicken	Beeferoni
Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		N/A Hummus: Sesame	Gluten, Dairy, Eggs	N/A	Gluten, Dairy, Eggs
Dietary Restrictions		Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Gluten or Dairy	
May 19 - 23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Elementary	VICTORIA DAY	Roasted Chicken Drum + Rice	Mac & Cheese	Taco Salad - Spiced Beef & Beans + Taco Salad	Teryaki Carrots & Pea Crumble + Rice
Portion Size	STAT	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan + Salad = 25-40 portions	1 pan = 20-25 portions
Common Allergens	VICTORIA DAY	N/A	Gluten, Dairy, Eggs	Dairy	N/A
Dietary Restrictions	VICTORIA DAY	Made without Gluten or Dairy	Vegetarian	Made without Gluten	Made without Gluten or Dairy, Vegetarian
May 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Elementary	Potato & Cheese Perogies	Turkey Sausage + Roasted Potato	Beeferoni	Chicken Fajita Casserole	Vegetarian Chow Mein
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 Hummus: Sesame	Gluten, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy		Made without Gluten or Dairy	Made without Dairy, Vegetarian

FLOURISH! MEAL INFO- MAY 2025

April 28 - May 2	Monday	Tuesday	Wednesday	Thursday	Friday
	28	29	30	1	2
Lunch - Secondary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables + Sushi Salad	Beeferoni	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Veggie Lasagna
Entrée Portion Size	4 Perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 each	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	Salad: Sesame	Gluten, Dairy, Eggs	Gluten, Dairy	Gluten, Dairy, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy		Vegetarian	Vegetarian
April 7th-April 11th	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Secondary	Beef Bolognese + Penne	Marinara Beef Meatball + Egg Noodles	Egg Fried Rice	Butter Chicken + Potatoes + Vegetables	Vegetarian Chili + Rice
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	Gluten, Dairy, Eggs	Eggs	N/A	N/A Hummus: Sesame
Dietary Restrictions	Made without Dairy		Vegetarian		Vegetarian
May 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Secondary	Potato & Cheese Perogies	Vegetable Curry & Rice	Marinara Pasta	Chicken Cacciatore + Rice	PRO-D-DAY SD60 Beeferoni
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 Hummus: Sesame	Gluten, Dairy, Eggs	N/A	Gluten, Dairy, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Dairy, Gluten	
May 19 - 23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Secondary	VICTORIA DAY	Roasted Chicken Drum, Steamed Vegetables	Mac & Cheese	Taco Salad - Spiced Beef & Beans + Taco Salad	Vegetable Stirfry
Portion Size		1-2 Drums size dependant	1 pan = 20-25 portions	1 pan + Salad = 25-40 portions	1 pan = 20-25 portions
Common Allergens	VICTORIA DAY	Salad: Sesame	Gluten, Dairy, Eggs	Dairy	N/A
Dietary Restrictions	VICTORIA DAY	Made without Gluten or Dairy	Vegetarian	Made without Gluten	Made without Gluten or Dairy, Vegetarian
May 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Secondary	Beef Bolognese + Penne	Turkey Sausage, Potato, Vegetable Hash	Beeferoni	Chicken Fajita Casserole	Vegetarian Chow Mein
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	Dairy Hummus: Sesame	Gluten, Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy		Made without Gluten	Made without Dairy, Vegetarian