



ELEMENTARY MENU- SEPTEMBER 2025

| September 1-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|--|---|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Lunch - Elementary | | WELCOME BACK!! | | | |
| September 8-12 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 8 | 9 | 10 | 11 | 12 |
| Lunch - Elementary | Potato & Cheese Perogies + Caesar Salad | Marinara Beef Meatballs + Egg Noodles + Greek Salad | Coconut Curry Sauce + Rice + Raw Veg & Hummus | Summer Vegetable Tomato Pasta Sauce + Penne + Green Salad | Braised Chicken + Rice + Raw Veg & Dip |
| September 15-19 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 15 | 16 | 17 | 18 | 19 |
| Lunch - Elementary | Beef Bolognese + Penne + Caesar Salad | Teryaki Edamame Beans & Carrots + Rice + Raw Veg & Dip | Butter Chicken + Potatoes + Green Salad | Egg Fried Rice + Greek Salad | Pesto Pasta + Raw Veg & Hummus |
| September 22-26 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 22 | 23 | 24 | 25 | 26 |
| Lunch - Elementary | PRO D DAY | Mac & Cheese + Greek Salad | Roasted Chicken Drum + Rice + Green Salad | Weiners (Beef) & Beans + Raw Veg & Dip | Beef Chili & Bannock + Rice + Green Salad |
| September 29-Oct 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 29 | 30 | 1 | 2 | 3 |
| Lunch - Elementary | Potato & Cheese Perogies + Caesar Salad | TRD | Marinara Pasta + Green Salad | Turkey Sausage & Roasted Potato + Raw Veg & Dip | Beefaroni + Greek 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.

| ELEMENTARY MEAL INFO- SEPTEMBER 2025 | | | | | |
|---|--------------------------|--|--|---|---|
| September 8-12 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 8 | 9 | 10 | 11 | 12 |
| Lunch - Elementary | Potato & Cheese Perogies | Marinara Beef Meatballs + Egg Noodles | Coconut Curry Sauce + Rice | Summer Vegetable Tomato Pasta Sauce + Penne | 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, Soy | Gluten, Eggs, Soy | Soy, Mustard HUMMUS Contains Sesame | Gluten, Dairy, Eggs, Soy | Soy |
| Dietary Restrictions | Vegetarian | Made without Dairy | Made without Gluten, Dairy, Eggs. Vegetarian | Vegetarian | Made without Gluten, Dairy, Eggs |
| September 15-19 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 15 | 16 | 17 | 18 | 19 |
| Lunch - Elementary | Beef Bolognese + Penne | Teryaki Edamame Beans & Carrots + Rice | Butter Chicken + Potatoes | Egg Fried Rice | Pesto Pasta |
| 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, Soy | Soy | Soy, Mustard | Eggs, Soy | Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Eggs. Vegetarian | Made without Gluten, Dairy, Eggs. | Made without Gluten, Dairy. Vegetarian | Vegetarian |
| September 22-26 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 22 | 23 | 24 | 25 | 26 |
| Lunch - Elementary | PRO D DAY | Mac & Cheese | Roasted Chicken Drum + Rice | Weiners (Beef) & Beans | Beef Chili & Bannock + Rice |
| Portion Size | | 1 pan = 20-25 portions | 1 pan = 20-25 portions | pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | | Gluten, Eggs, Dairy, Soy | Soy | Gluten, Soy | Soy BANNOCK: Gluten, Dairy |
| Dietary Restrictions | | Vegetarian | Made without Gluten, Dairy, Eggs | Made without Dairy | CHILI: Made without Gluten, Dairy |
| September 29-Oct 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 29 | 30 | 1 | 2 | 3 |
| Lunch - Elementary | Potato & Cheese Perogies | TRD | Summer Vegetable & Tomato Pasta | Turkey Sausage & Roasted Potato | Beefaroni |
| Portion Size | 4 Perogies | | 1 pan = 20-25 portions | pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | Gluten, Dairy, Soy | | Gluten, Eggs, Soy | Soy | Gluten, Dairy, Eggs, Soy |
| Dietary Restrictions | Vegetarian | | Made without Dairy | Made without Gluten, Dairy, Eggs | |
| <i>www.flourishschoolfood.ca</i> | | | | | |



MIDDLE/HIGH SCHOOL MENU - SEPTEMBER 2025

| September 1-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|--|
| | 1 | 2 | 3 | 4 | 5 |
| Lunch - Mid/High (ONLY OAK BAY THIS WEEK) | | WELCOME BACK!! | Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad | Beefaroni + Green Salad | Vegetarian Chili & Cheddar Scone + Greek Salad |
| September 8-12 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 8 | 9 | 10 | 11 | 12 |
| Lunch - Mid/High | Potato & Cheese Perogies + Caesar Salad | Marinara Beef Meatballs+ Egg Noodles + Greek Salad | Vegetable Curry & Rice + Raw Veg & Hummus | Summer Vegetable Ratatouille Pasta Bake + Green Salad | Chicken Fajita Casserole + Black Bean Salad |
| September 15-19 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 15 | 16 | 17 | 18 | 19 |
| Lunch - Mid/High | Beef Bolognese + Penne + Caesar Salad | Vegetable Stirfry with Pea Protein Bites + Raw Veg and Dip | Butter Chicken + Potatoes & Veg + Green Salad | Egg Fried Rice + Greek Salad | Pasta Pesto Primavera + Raw Veg & Hummus |
| September 22-26 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 22 | 23 | 24 | 25 | 26 |
| Lunch - Mid/High | PROD DAY | Mac & Cheese + Greek Salad | Roasted Chicken Drum + Veg + Sushi Salad | Weiners (Beef) & Beans + Raw Veg & Dip | Beef Chili & Bannock + Wild Rice Salad |
| September 29-Oct 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 29 | 30 | 1 | 2 | 3 |
| Lunch - Mid/High | Potato & Cheese Perogies + Caesar Salad | TRD | Vegetarian Lasagna + Green Salad | Turkey Sausage, Potato, Vegetable Hash + Raw Veg & Dip | Beefaroni + Greek Salad |

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MID/HIGH MEAL INFO- September 2025

| September 1-5 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------------------------|--|--|---|---|
| | 1 | 2 | 3 | 4 | 5 |
| Lunch - Mid/High | | | Pizza Quesadilla (tomato sauce, cheese, peppers, onions) | Beefaroni | Vegetarian Chili + Scones |
| Entrée Portion Size | | | 1 each | 1 pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | | | Gluten, Dairy, Soy | Gluten, Dairy, Eggs, Soy | Scones: Gluten, Dairy, Soy |
| Dietary Restrictions | | | Vegetarian | | Vegetarian |
| September 8-12 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 8 | 9 | 10 | 11 | 12 |
| Lunch - Mid/High | Potato & Cheese Perogies | Marinara Beef Meatballs+ Egg Noodles | Vegetable Curry & Rice | Summer Vegetable Ratatouille Pasta Bake | Chicken Fajita Casserole |
| 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, Soy | Gluten, Eggs, Soy | Soy, Mustard HUMMUS Contains Sesame | Gluten, Dairy, Eggs, Soy | Soy |
| Dietary Restrictions | Vegetarian | Made without Dairy | Made without Gluten, Dairy, Eggs. Vegetarian | Vegetarian | Made without Gluten, Dairy, Eggs |
| September 15-19 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 15 | 16 | 17 | 18 | 19 |
| Lunch - Mid/High | Beef Bolognese | Vegetable Stirfry with Pea Protein Bites | Butter Chicken + Potatoes & Veg | Egg Fried Rice | Pasta Pesto Primavera |
| 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, Soy | Soy | Soy, Mustard | Soy | Gluten, Dairy, Eggs, Soy HUMMUS Contains Sesame |
| Dietary Restrictions | Made without Dairy | Made without Gluten, Dairy, Eggs. Vegetarian | Made without Gluten, Dairy, Eggs. | Made without Gluten, Dairy. Vegetarian | Vegetarian |
| September 22-26 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 22 | 23 | 24 | 25 | 26 |
| Lunch - Mid/High | PRO D DAY | Mac & Cheese | Roasted Chicken Drum + Veg + Sushi Salad | Weiners (Beef) & Beans | Beef Chili & Bannock |
| Portion Size | | 1 pan = 20-25 portions | 1-2 Drums size dependant | pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | | Gluten, Eggs, Dairy, Soy | Soy Salad: Mustard, Sesame | Gluten, Soy | Soy BANNOCK: Gluten, Dairy |
| Dietary Restrictions | | Vegetarian | Made without Gluten, Dairy, Eggs | Made without Dairy, Eggs | CHILI: Made without Gluten, Dairy, Eggs |
| September 29-Oct 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
| | 29 | 30 | 1 | 2 | 3 |
| Lunch - Mid/High | Potato & Cheese Perogies | TRD | Vegetarian Lasagna | Turkey Sausage, Potato, Vegetable Hash | Beefaroni |
| Portion Size | 4 Perogies | | 1 pan = 20-25 portions | pan = 20-25 portions | 1 pan = 20-25 portions |
| Common Allergens | Gluten, Dairy, Soy | | Gluten, Eggs, Soy | Soy | Gluten, Dairy, Eggs, Soy |
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