

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	Beeferoni + 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 catuion we recommend those with highly sensitive, life threatening allergies not participate in our program.

ELEN	MENTARY	MEAL IN	FO- SEP1	TEMBER 2	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		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.	Made without Gluten, Dairy, Eggs.	Made without Gluten, Dairy.	Vegetarian
		Vegetarian	, , , , , ,	Vegetarian	
September 22-26	Monday	Vegetarian Tuesday	Wednesday	Vegetarian Thursday	Friday
	Monday 22	· ·		-	Friday 26
		Tuesday	Wednesday	Thursday	,
September 22-26 Lunch -	22	Tuesday 23	Wednesday 24 Roasted Chicken	Thursday 25 Weiners (Beef) &	26 Beef Chili & Bannock + Rice
September 22-26 Lunch - Elementary	22	Tuesday 23 Mac & Cheese 1 pan = 20-25	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25	Thureday 25 Weiners (Beef) & Beans	26 Beef Chili & Bannock + Rice 1 pan = 20-25
Lunch - Elementary Portion Size Common	22	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy,	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions	Thureday 25 Weiners (Beef) & Beans pan = 20-25 portions	26 Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten,
Lunch - Elementary Portion Size Common Allergens Dietary	22	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy	Thuraday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy	Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten,
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	PRO D DAY	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Thureday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy	26 Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	PRO D DAY Monday	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Thursday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy Thursday	26 Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions September 29-Oct 3	PRO D DAY Monday 29 Potato & Cheese	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 1 Summer Vegetable	Thursday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy Thursday 2 Turkey Sausage &	Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy Friday 3
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Elementary	PRO D DAY Monday 29 Potato & Cheese Perogies	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 1 Summer Vegetable & Tomato Pasta 1 pan = 20-25	Thureday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy Thureday 2 Turkey Sausage & Roasted Potato	Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy Friday 3 Beeferoni 1 pan = 20-25
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Elementary Portion Size Common	PRO D DAY Monday 29 Potato & Cheese Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian	Tuesday 23 Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Wednesday 24 Roasted Chicken Drum + Rice 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 1 Summer Vegetable & Tomato Pasta 1 pan = 20-25 portions Gluten, Eggs, Soy Made without Dairy	Thursday 25 Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy Thursday 2 Turkey Sausage & Roasted Potato pan = 20-25 portions	Beef Chili & Bannock + Rice 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy Friday 3 Beeferoni 1 pan = 20-25 portions Gluten, Dairy, Eggs,



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	Beeferoni + 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	PRO D 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	Beeferoni + Greek Salad
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September 1-5	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Pizza Quesadilla	4	5
Lunch -			(tomato sauce,	Beeferoni	Vegetarian Chili +
Mid/High			cheese, peppers, onions)	Beereron	Scones
Entrée Portion				1 pan = 20-25	1 pan = 20-25
Size			1 each	portions	portions
Common				Gluten, Dairy, Eggs,	Scones: Gluten.
Allergens			Gluten, Dairy, Soy	Soy	Dairy, Soy
7 60.10					
Dietary			Vegetarian		Vegetarian
Restrictions					
September 8-12	Monday	Tuesday 9	Wednesday	Thursday	Friday
	8	Ť	10	11	12
Lunch -	Potato & Cheese	Marinara Beef Meatballs+ Egg	Vegetable Curry &	Summer Vegetable Ratatouille Pasta	Chicken Fajita
Mid/High	Perogies	Noodles	Rice	Bake	Casserole
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25	1 pan = 20-25
00		portions	Soy, Mustard	portions	portions
Common	Gluten, Dairy, Soy	Gluten, Eggs, Soy	HUMMUS	Gluten, Dairy, Eggs, Sov	Soy
Allergens			Contains Sesame	Soy	
Dietary	V- · ·	Madaust 1551	Made without	V- · ·	Made without
Restrictions	Vegetarian	Made without Dairy	Gluten, Dairy, Eggs. Vegetarian	Vegetarian	Gluten, Dairy, Eggs
September 15-19	Monday	Tuesday	Wednesday	Thursday	Friday
	15	16	17	18	19
Lunch -		Vegetable Stirfry	Butter Chicken +		Pasta Pesto
Mid/High	Beef Bolognese	with Pea Protein Bites	Potatoes & Veg	Egg Fried Rice	Primavera
	1 pan = 20-25	1 pan = 20-25	1 pan = 20-25	1 pan = 20-25	1 pan = 20-25
Portion Size	portions	portions	portions	portions	portions
Common		_		_	Gluten, Dairy, Eggs,
Allergens	Gluten, Eggs, Soy	Soy	Soy, Mustard	Soy	Soy HUMMUS Contains Sesame
		Made without		Made without	
Dietary Restrictions	Made without Dairy	Gluten, Dairy, Eggs.	Made without Gluten, Dairy, Eggs.	Gluten, Dairy.	Vegetarian
		Vegetarian		Vegetarian	
September 22-26	Monday	Tuesday	Wednesday	Thursday	Friday
	00	0.0	0.4	05	0.0
	22	23	24	25	26
Lunch -	22 PRO D DAY	23 Mac & Cheese	24 Roasted Chicken Drum + Veg + Sushi	Weiners (Beef) &	
Lunch - Mid/High			Roasted Chicken		
		Mac & Cheese 1 pan = 20-25	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size	Weiners (Beef) &	Beef Chili & Bannock 1 pan = 20-25
Mid/High Portion Size		Mac & Cheese 1 pan = 20-25 portions	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant	Weiners (Beef) & Beans	Beef Chili & Bannock 1 pan = 20-25 portions
Mid/High Portion Size Common		Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy,	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size	Weiners (Beef) & Beans	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten,
Mid/High Portion Size		Mac & Cheese 1 pan = 20-25 portions	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad:	Weiners (Beef) & Beans pan = 20-25 portion	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy
Mid/High Portion Size Common Allergens Dietary		Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten,
Mid/High Portion Size Common Allergens		Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy,	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made
Mid/High Portion Size Common Allergens Dietary	PRO D DAY	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thursday	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3	PRO D DAY	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs	Weiners (Beef) & Beans pan = 20-25 portion: Gluten, Soy Made without Dairy, Eggs Thursday 2	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3	PRO D DAY Monday 29 Potato & Cheese	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thursday	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3	PRO D DAY Monday 29	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thursday 2 Turkey Sausage,	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday 3
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3	PRO D DAY Monday 29 Potato & Cheese	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna 1 pan = 20-25	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thursday 2 Turkey Sausage, Potato, Vegetable	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday 3 Beeferoni 1 pan = 20-25
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Mid/High Portion Size	Monday 29 Potato & Cheese Perogies	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna	Weiners (Beef) & Beans pan = 20-25 portion: Gluten, Soy Made without Dairy, Eggs Thursday 2 Turkey Sausage, Potato, Vegetable Hash	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday Beeferoni
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Mid/High Portion Size Common	Monday 29 Potato & Cheese Perogies	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna 1 pan = 20-25	Weiners (Beef) & Beans pan = 20-25 portion: Gluten, Soy Made without Dairy, Eggs Thursday 2 Turkey Sausage, Potato, Vegetable Hash	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday 3 Beeferoni 1 pan = 20-25 portions
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Mid/High Portion Size	Monday 29 Potato & Cheese Perogies 4 Perogies	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna 1 pan = 20-25 portions	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thuraday 2 Turkey Sausage, Potato, Vegetable Hash pan = 20-25 portion	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday Beeferoni 1 pan = 20-25 portions
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Mid/High Portion Size Common Allergens	Monday 29 Potato & Cheese Perogies 4 Perogies	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna 1 pan = 20-25 portions Gluten, Eggs, Soy	Weiners (Beef) & Beans pan = 20-25 portion: Gluten, Soy Made without Dairy, Eggs Thuraday 2 Turkey Sausage, Potato, Vegetable Hash pan = 20-25 portion Soy	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday 3 Beeferoni 1 pan = 20-25 portions
Mid/High Portion Size Common Allergens Dietary Restrictions September 29-Oct 3 Lunch - Mid/High Portion Size Common	Monday 29 Potato & Cheese Perogies 4 Perogies	Mac & Cheese 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy Vegetarian Tuesday 30	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant Soy Salad: Mustard, Sesame Made without Gluten, Dairy, Eggs Wednesday 1 Vegetarian Lasagna 1 pan = 20-25 portions	Weiners (Beef) & Beans pan = 20-25 portions Gluten, Soy Made without Dairy, Eggs Thuraday 2 Turkey Sausage, Potato, Vegetable Hash pan = 20-25 portion	Beef Chili & Bannock 1 pan = 20-25 portions Soy BANNOCK: Gluten, Dairy CHILI: Made without Gluten, Dairy, Eggs Friday 3 Beeferoni 1 pan = 20-25 portions Gluten, Dairy, Eggs,