



FLOURISH! MENU- JANUARY 2025

January 6-10	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7	8	9	10
Breakfast Snack	Granola Bars + Yogurt Cups	Cheese Scones + Fruit Leather	Pumpkin Spice Muffins	Egg & Potato Bites (GF) + Fruit	Yogurt & Granola Parfait (GF)
Lunch Middle/High	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Mac & Cheese + Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Egg Fried Rice (GF) + Green Salad
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Mac & Cheese + Greek Salad	Mexican Vegetable 'Lasagna' (GF)+ Raw Veg & Dip	Egg Fried Rice (GF) + Green Salad
January 13-17	Monday	Tuesday	Wednesday	Thursday	Friday
	13	14	15	16	17
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Apple Cinnamon Scones + Fruit Leather	Chocolate Zucchini Muffins	Pear Ginger Squire + Fruit	Sausage Rolls (Turkey) + Fruit Leather
Lunch Middle/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Stirfry (GF)+ Green Salad	Turkey Sausage, Potato, Vegetable Hash (GF)+ Greek Salad	Cheese, Bean & Veg Quesadilla + Black Bean Salad	Chicken Fajita Casserole (GF) + Raw Veg & Dip
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Teryaki Steamed Vegetables & Rice (GF) + Green Salad	Turkey Sausage, Roasted Potato (GF), Vegetables + Greek Salad	Cheese Quesadilla + Black Bean Salad	Roasted Chicken + Steamed Vegetables + Rice (GF) + Raw Veg & Dip
January 20-24	Monday	Tuesday	Wednesday	Thursday	Friday
	20	21	22	23	24
Breakfast Snack	Granola Bars (GF)+ Yogurt Cups	Mixed Berry Scones + Fruit Leather	Rhubarb Muffins	Oatmeal Cookies + Fruit	Zucchini Loaf
Lunch Middle/High	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Vegetarian Chow Mein + Raw Veg & Dip	Chicken Cacciatore + Rice + Greek Salad	Veggie Lasagna + Green Salad
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables, Rice (GF) + Green Salald	Steamed Vegetables + Chow Mein Noodles + Raw Veg & Dip	Braised Chicken + Steamed Vegetables + Rice + Greek Salad	Tomato Sauce + Pasta + Green Salad
January 27-31	Monday	Tuesday	Wednesday	Thursday	Friday
	27	28	29	30	31
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather	Morning Glory Muffins + Cheese	Yogurt & Granola Parfait (GF)	Banana Bread
Lunch Middle/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice (GF) + Raw Veg & Dip	Weiners (Beef) + Beans + Coleslaw	Mac & Cheese + Greek Salad	Shepards Pie (Beef) + Green Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Steamed Vegetables + Rice (GF) + Raw Veg & Dip	Weiners (Beef) + Beans + Green Salad	Mac & Cheese + Greek Salad	Shepards Pie Mix (Beef) + Smashed Potatoes + Green 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.