

FLOURISH! MENU - OCTOBER 2023

Oct 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast	STAT	Oat Powerball + Yogurt Cups	Date/Apple Breakfast Bar + Fruit	Parfait - granola, yogurt, stewed fruit	Apple Cake
Snack					
Lunch - Elementar		Beef Bolognese + Caesar Salad	Cheese, Bean & Veg Quesadilla + 'Greek' Salad	Roasted Chicken Breast & Pesto + Roasted Potatoes & Carrots + Pasta Salad	Shepherds Pie + Raw Veg/Ranch
Lunch - Secondary		Buttered Pasta + Bolognese Sauce + Caesar Salad	Cheese Quesadilla + Cherry Tomatoes, Cucumbers & Peppers	Roasted Chicken Breast + Roasted Potatoes & Carrots + Pasta Salad	Smashed Potatoes + sauteed beef, veg & lentils + Raw Veg/Ranch
Oct 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Breakfast	STAT	Granola Bar + Yogurt Cup	Blueberry Scones + Fruit	Banana Bread	Parfait (granola, yogurt, stewed fruit)
Snack					
Lunch - Elementar		Perogies & Sausage + Green Salad/Ranch	Roasted Chicken Drum & Rice + 'Greek Salad'	Cauliflower Mac & Cheese + Raw Veg & Hummus	Meatloaf (Pork & Chicken) & Roasted Potatoes + Caesar Salad
Lunch - Secondary		Perogies & Sausage + Green Salad/Ranch	Roasted Chicken Drum & Rice + Raw Vegetable	Mac & Cheese + Raw Veg & Hummus	Meatloaf (Pork & Chicken) & Roasted Potatoes + Caesar Salad
Oct 16 - 20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Breakfast	Oat Powerball + Yogurt Cups	Oatmeal Cookies + Fruit	Banana Bread	Corn Bread Muffin + Fruit	NON INSTRUCTIONAL DAY
Snack					
Lunch - Elementar	Beef Bolognese + Raw Veg & Dip	Minestrone Soup & Crackers + Caesar Salad	Weiners + Roasted Potoatoes + 'Greek Salad'	Teriaki Chicken, Vegetables & Rice + Green Salad/Ranch	
Lunch - Secondary	Buttered Pasta + Bolognese Sauce + Raw Veg & Dip	Minestrone Soup & Crackers + Caesar Salad	Weiners + Roasted Potoatoes + Raw Veg	Teriaki Chicken, Vegetables & Rice + Green Salad/Ranch	
Oct 23 - 27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Breakfast	Granola Bar + Yogurt Cups	Pumpkin Spice Cookie + Fruit	Banana Bread	Parfait (granola, yogurt, stewed fruit)	Apple Cake
Snack					
Lunch - Elementar	Perogies & Sausage + 'Greek Salad'	Shepherds Pie + Raw Veg/Ranch	Veggie Lasagna + Caesar Salad	Roasted Chicken Drum & Steamed Vegetables + Pasta Salad	Cottage Pie + Green Salad/Ranch

Lunch - Secondary	Perogies & Sausage + Cherry Tomatoes.	Smashed Potatoes + Sauteed beef/veg/lentils +	Buttered Pasta + Veg Tomato Sauce+ Caesar Salad	Roasted Chicken Drum & Steamed Vegetables + Pasta Salad	Smashed Potatoes & Lentils + Green Salad/Ranch
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