

ELEMENTARY MENU- NOVEMBER 2025

November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Chickpea & Orzo Pasta Bake + Greek Salad	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	Braised Chicken + Rice + Green Salad
November 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	REMEMBERANCE DAY	Roasted Chicken Drum + Rice + Raw Veg & Dip	Turkey Sausage & Roasted Potato + Green Salad	Mac & Cheese + Greek Salad
November 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Turkey Sausage & White Bean Stew + Green Salad	Mechado Braised Beef + Rice + Raw Veg & Dip	PRO D DAY
November 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Teryaki Edamame Beans & Carrots + Rice + Green Salad	Vegetarian Chili + Rice + Raw Veg & Dip	Korean Braised Chicken + Rice + Green Salad	Tomato Sauce + Pasta + 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.

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November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch -			21.1	Pizza Quesadilla	
	Potato & Cheese Perogies	Coconut Curry Sauce + Rice	Chickpea & Orzo Pasta Bake	(Tomato sauce,	Braised Chicken + Rice
Elementary	rei ogies	Sauce - Rice	Pasta bake	cheese)	Rice
Entrée Portion	1 pan = 20-25	1 pan = 20-25	1 pan = 20-25		1 pan = 20-25
Size	portions	portions	portions	1 unit/student	portions
0		Soy, Mustard			
Common	Gluten, Eggs, Soy	HUMMUS Contains	Gluten, Eggs, Dairy,	Gluten, Dairy, Soy	Soy
Allergens		Sesame	Soy		
Dietary		Made without			NA - de codele e ce
Restrictions	Made without Dairy	Gluten, Dairy, Eggs.	Vegetarian	Vegetarian	Made without Gluten, Dairy, Eggs
Restrictions		Vegetarian			7, –88
November 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch -	Beef Bolognese +	REMEMBERANCE	Roasted Chicken	Turkey Sausage &	
Elementary		DAY	Drum + Rice	Roasted Potato	Mac & Cheese
Lieilieiltaisy					
Portion Size	1 pan = 20-25		1-2 Drums size	1 pan = 20-25	1 pan = 20-25
	portions		dependant	portions	portions
Common	Chitan Francisco		Covi	Covi	Gluten, Dairy, Eggs,
Allergens	Gluten, Eggs, Soy		Soy	Soy	Soy
Dietary	Made without Dairy		Made without	Made without	Vegetarian
Restrictions	·		Gluten, Dairy, Eggs	Gluten, Dairy, Eggs	_
November 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
Lunch -	Potato & Cheese				
	Potato & Cheese Perogies	Coconut Curry Sauce + Rice	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice	PRO D DAY
Lunch - Elementary		Coconut Curry	Turkey Sausage &	Mechado Braised	
		Coconut Curry Sauce + Rice	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice	
Elementary Portion Size	Perogies	Coconut Curry Sauce + Rice 1 pan = 20-25 portions	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice	
Elementary	Perogies 4 Perogies	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions	Mechado Braised Beef + Rice	
Elementary Portion Size	Perogies	Coconut Curry Sauce + Rice 1 pan = 20-25 portions	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice 1 pan = 20-25 portions	
Elementary Portion Size Common Allergens	Perogies 4 Perogies	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard	
Elementary Portion Size Common Allergens Dietary	Perogies 4 Perogies	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without	
Elementary Portion Size Common Allergens	Perogies 4 Perogies Gluten, Dairy, Soy	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard	
Elementary Portion Size Common Allergens Dietary	Perogies 4 Perogies Gluten, Dairy, Soy	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs.	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without	
Elementary Portion Size Common Allergens Dietary Restrictions	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy	PRO D DAY
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27	PRO D DAY Friday 28
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch -	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese +	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots +	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili +	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised	PRO D DAY Friday 28 Tomato Sauce +
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27	PRO D DAY Friday 28
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese +	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots +	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili +	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised	PRO D DAY Friday 28 Tomato Sauce +
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch -	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice	Friday 28 Tomato Sauce +
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne 1 pan = 20-25 portions	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice 1 pan = 20-25 portions	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice 1 pan = 20-25 portions	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice 1 pan = 20-25 portions	Friday 28 Tomato Sauce + Pasta 1 pan = 20-25 portions
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary Portion Size Common	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne 1 pan = 20-25	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice 1 pan = 20-25	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice 1 pan = 20-25	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice 1 pan = 20-25	Friday 28 Tomato Sauce + Pasta 1 pan = 20-25
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary Portion Size	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne 1 pan = 20-25 portions	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice 1 pan = 20-25 portions Soy	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice 1 pan = 20-25 portions Mustard, Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice 1 pan = 20-25 portions Soy,	Friday 28 Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Eggs, Dairy,
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary Portion Size Common	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs, Soy	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice 1 pan = 20-25 portions Soy Made without	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice 1 pan = 20-25 portions Mustard, Soy Made without	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice 1 pan = 20-25 portions Soy,	Friday 28 Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Eggs, Dairy, Soy
Elementary Portion Size Common Allergens Dietary Restrictions November 24-28 Lunch - Elementary Portion Size Common Allergens	Perogies 4 Perogies Gluten, Dairy, Soy Vegetarian Monday 24 Beef Bolognese + Penne 1 pan = 20-25 portions	Coconut Curry Sauce + Rice 1 pan = 20-25 portions Soy, Mustard HUMMUS Contains Sesame Made without Gluten, Dairy, Eggs. Vegetarian Tuesday 25 Teryaki Edamame Beans & Carrots + Rice 1 pan = 20-25 portions Soy	Turkey Sausage & White Bean Stew 1 pan = 20-25 portions Soy Made without Gluten, Dairy, Eggs Wednesday 26 Vegetarian Chili + Rice 1 pan = 20-25 portions Mustard, Soy	Mechado Braised Beef + Rice 1 pan = 20-25 portions Gluten, Soy, Mustard Made without Dairy Thursday 27 Korean Braised Chicken + Rice 1 pan = 20-25 portions Soy, Mustard, Sesame	Friday 28 Tomato Sauce + Pasta 1 pan = 20-25 portions Gluten, Eggs, Dairy,



MIDDLE/HIGH SCHOOL MENU - NOVEMBER 2025

November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chickpea & Orzo Pasta Bake + Greek Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad	Chicken Cacciatore + Rice + Green Salad
November 10-14	Monday	Tuesday	Wednesday	Thursday	Friday
	10	11	12	13	14
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	REMEMBERANCE DAY	Roasted Chicken Drum + Vegetables + Sushi Salad	Turkey Sausage, Potato, Vegetable Hash + Green Salad	Mac & Cheese + Greek Salad
November 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
	17	18	19	20	21
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	White Bean Cassoulet (Turkey Sausage) + Green Salad	Mechado Stew (Beef) + Rice + Ceasar	PRO D DAY
November 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Stirfry with Pea Protein Bites + Green Salad	Vegetarian Chili + Cheddar Scones + Raw Veg & Dip	Dakdoritang (Korean Chicken Stew) + Rice +	Veggie Lasagna + Greek Salad
	Salad	bites + Green Salad	Naw veg a Dip	Green Salad	
		vww.flourishs		Green Salad	

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	MID/HIGH MEAL INFO- NOVEMBER 2025					
November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday	
	3	4	5	6	7	
Lunch - Mid/High	Potato & Cheese Perogies	Vegetable Curry & Rice	Chickpea & Orzo Pasta Bake	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Chicken Cacciatore + Rice	
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student	1 pan = 20-25 portions	
Common Allergens	Gluten, Eggs, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Eggs, Dairy, Soy	Gluten, Dairy, Soy	Soy	
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Dairy, Eggs	
November 10-14	Monday	Tuesday	Wednesday	Thursday	Friday	
	10	11	12	13	14	
Lunch - Mid/High	Beef Bolognese + Penne	REMEMBERANCE DAY	Roasted Chicken Drum + Sushi Salad	Turkey Sausage, Potato, Vegetable Hash	Mac & Cheese	
Portion Size	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 Salad: Mustard, Sesame	Soy	Gluten, Dairy, Eggs, Soy	
Dietary Restrictions	Made without Dairy		Made without Gluten, Dairy, Eggs	Made without Gluten, Dairy, Eggs	Vegetarian	
November 17-21	Monday	Tuesday	Wednesday	Thursday	Friday	
	17	18	19	20	21	
Lunch - Mid/High	Potato & Cheese Perogies	Vegetable Curry & Rice	White Bean Cassoulet (Turkey Sausage)	Mechado Stew (Beef) + Rice	PRO D DAY	
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions		
Common Allergens	Gluten, Dairy, Soy	Soy, Mustard HUMMUS Contains Sesame	Soy	Gluten, Soy, Mustard		
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs	Made without Dairy		
November 24-28	Monday	Tuesday	Wednesday	Thursday	Friday	
	0.4	OF	26	27	28	
	24	25	_			
Lunch - Mid/High	Beef Bolognese + Penne	Vegetable Stirfry with Pea Protein Bites	Vegetarian Chili + Cheddar Scones	Dakdoritang (Korean Chicken Stew) + Rice	Veggie Lasagna	
	Beef Bolognese +	Vegetable Stirfry with Pea Protein	Vegetarian Chili +	Dakdoritang (Korean Chicken	Veggie Lasagna 1 pan = 20-25 portions	
Mid/High	Beef Bolognese + Penne 1 pan = 20-25	Vegetable Stirfry with Pea Protein Bites 1 pan = 20-25	Vegetarian Chili + Cheddar Scones 1 pan = 20-25	Dakdoritang (Korean Chicken Stew) + Rice 1 pan = 20-25	1 pan = 20-25	