



## ***ELEMENTARY MENU- NOVEMBER 2025***

November 3-7	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Lunch - Elementary</b>	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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Lunch - Elementary</b>	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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Lunch - Elementary</b>	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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Lunch - Elementary</b>	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 caution we recommend those with highly sensitive, life threatening allergies not participate in our program.

## ***ELEMENTARY MEAL INFO- NOVEMBER 2025***

November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Coconut Curry Sauce + Rice	Chickpea & Orzo Pasta Bake	Pizza Quesadilla (Tomato sauce, cheese)	Braised Chicken + Rice
<b>Entrée Portion Size</b>	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy, Mustard HUMMUS Contains Sesame	Gluten, Eggs, Dairy, Soy	Gluten, Dairy, Soy	Soy
<b>Dietary Restrictions</b>	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
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	REMEMBERANCE DAY	Roasted Chicken Drum + Rice	Turkey Sausage & Roasted Potato	Mac & Cheese
<b>Portion Size</b>	1 pan = 20-25 portions		1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions
<b>Common Allergens</b>	Gluten, Eggs, Soy		Soy	Soy	Gluten, Dairy, Eggs, Soy
<b>Dietary Restrictions</b>	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
<b>Lunch - Elementary</b>	Potato & Cheese Perogies	Coconut Curry Sauce + Rice	Turkey Sausage & White Bean Stew	Mechado Braised Beef + Rice	PRO D DAY
<b>Portion Size</b>	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	
<b>Common Allergens</b>	Gluten, Dairy, Soy	Soy, Mustard HUMMUS Contains Sesame	Soy	Gluten, Soy, Mustard	
<b>Dietary Restrictions</b>	Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs	Made without Dairy	
November 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Lunch - Elementary</b>	Beef Bolognese + Penne	Teryaki Edamame Beans & Carrots + Rice	Vegetarian Chili + Rice	Korean Braised Chicken + Rice	Tomato Sauce + Pasta
<b>Portion Size</b>	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
<b>Common Allergens</b>	Gluten, Eggs, Soy	Soy	Mustard, Soy	Soy, Mustard, Sesame	Gluten, Eggs, Dairy, Soy
<b>Dietary Restrictions</b>	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten, Dairy, Eggs	Vegetarian
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## **MIDDLE/HIGH SCHOOL MENU - NOVEMBER 2025**

November 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
<b>Lunch - Mid/High</b>	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
<b>Lunch - Mid/High</b>	Beef Bolognese + Penne + Caesar Salad	REMEMBRANCE 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
<b>Lunch - Mid/High</b>	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	White Bean Cassoulet (Turkey Sausage) + Green Salad	Mechado Stew (Beef) + Rice + Caesar	PRO D DAY
November 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
	24	25	26	27	28
<b>Lunch - Mid/High</b>	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 + Green Salad	Veggie Lasagna + Greek Salad

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## **MID/HIGH MEAL INFO - NOVEMBER 2025**

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