



ELEMENTARY MENU - FEBRUARY 2026

FEBRUARY 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Coconut Curry Sauce + Rice, Carrots, Edamame Beans + Green Salad	Pizza Quesadilla (Tomato sauce, cheese) + Greek Salad	Beef Chili + Rice + Caesar Salad	Creamy Pesto Pasta + Raw Veg & Dip
FEBRUARY 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage + Roasted Potatoes + Green Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Chinese New Year - TBA	PRO - D
FEBRUARY 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	STAT	Butter Chicken + Potatoes + Caesar Salad	Teryaki Edamame Beans & Carrots + Rice + Green Salad	Braised Chicken + Cheesy Beans & Rice + Raw Veg & Dip	Beefaroni + Greek Salad
FEBRUARY 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum + Rice + Wild Salmon Green Salad	Chickpea & Orzo Pasta Bake + Greek Salad	Braised Chicken + Rice + Green Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus

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 - FEBRUARY 2026

FEBRUARY 2-6					
	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Beef Bolognese + Penne	Coconut Curry Sauce + Rice, Carrots, Edamame Beans	Pizza Quesadilla (Tomato sauce, cheese)	Beef Chili + Rice	Creamy Pesto Pasta
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy, Mustard	Gluten, Dairy, Soy	Chili: Mustard, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Vegetarian	Made without Gluten, Dairy, Eggs.	Vegetarian
FEBRUARY 9-13					
	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Potato & Cheese Perogies	Turkey Sausage + Roasted Potatoes	Taco Salad + Spiced Beef & Beans + Corn Chips	Chinese New Year Menu - TBA	PRO - D
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions		
Common Allergens	Gluten, Dairy, Soy	Soy	Dairy, Soy		
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs	Made without Gluten		
FEBRUARY 16-20					
	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	STAT	Butter Chicken + Potatoes	Teryaki Edamame Beans & Carrots + Rice	Chicken, + Cheesy Beans & Rice	Beeferoni
Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Soy, Mustard	Soy	Dairy, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions		Made without Gluten, Dairy, Eggs.	Made without Gluten, Dairy, Eggs. Vegetarian	Made without Gluten.	
FEBRUARY 23-27					
	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum + Rice	Chickpea & Orzo Pasta Bake	Braised Chicken + Rice	Cauliflower Mac & Cheese
Portion Size	1 pan = 20-25 portions	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy Salad: Fish	Gluten, Eggs, Dairy, Soy	Soy	Gluten, Dairy, Eggs, Soy Hummus: Sesame
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy	Vegetarian	Made without Gluten, Dairy, Eggs	Vegetarian



MIDDLE/HIGH SCHOOL MENU - FEBRUARY 2026

FEBRUARY 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice + Green Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Greek Salad	Beef Chili + Rice + Scones + Coleslaw	Wild Salmon & Pesto Pasta + Raw Veg & Dip
FEBRUARY 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage, Vegetable & Potato Hash + Green Salad	Taco Salad + Spiced Beef & Beans + Corn Chips	Chinese New Year Menu - TBA	PRO - D
FEBRUARY 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Mid/High	STAT	Teryaki Vegetable Stirfry + Green Salad	Butter Chicken + Potatoes & Veg + Caesar Salad	Chicken, Bean & Rice Enchilada + Raw Veg & Dip	Beefaroni + Greek Salad
FEBRUARY 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Mid/High	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum & Vegetables + Wild Salmon Sushi Salad 'Bowl'	Chickpea & Orzo Pasta Bake + Greek Salad	Chicken Cacciatore + Rice + Green Salad	Cauliflower Mac & Cheese + Raw Veg & Hummus

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MID/HIGH MEAL INFO - FEBRUARY 2026

FEBRUARY 2-6					
	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Mid/High	Beef Bolognese + Penne	Vegetable Curry & Rice	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Beef Chili + Rice + Scones	Smoked Salmon & Pesto Pasta
Entrée Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 unit/student	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy, Mustard	Gluten, Dairy, Soy	Chili: Mustard, Soy Scones: Gluten, Dairy, Soy	Fish, Gluten, Dairy, Eggs, Soy
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy, Eggs. Vegetarian	Vegetarian	Chili - Made without Gluten, Dairy, Eggs.	
FEBRUARY 9-13					
	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Mid/High	Potato & Cheese Perogies	Turkey Sausage, Potato, Vegetable Hash	Taco Salad + Spiced Beef & Beans + Corn Chips	Chinese New Year Menu - TBA	PRO - D
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions		
Common Allergens	Gluten, Dairy, Soy	Soy	Dairy, Soy		
Dietary Restrictions	Vegetarian	Made without Gluten, Dairy, Eggs	Made without Gluten		
FEBRUARY 16-20					
	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Mid/High	STAT	Butter Chicken + Potatoes & Veg	Teryaki Vegetable Stirfry	Chicken, Bean & Rice Enchilada	Beefaroni
Portion Size		1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 unit/student (precut in pan)	1 pan = 20-25 portions
Common Allergens		Soy, Mustard	Soy	Gluten, Dairy, Soy	Gluten, Dairy, Eggs, Soy
Dietary Restrictions		Made without Gluten, Dairy, Eggs.	Made without Gluten, Dairy, Eggs. Vegetarian		
FEBRUARY 23-27					
	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Mid/High	Beef Bolognese + Penne	Roasted Chicken Drum & Vegetables + Smoked Salmon Sushi Salad 'Bowl'	Chickpea & Orzo Pasta Bake	Chicken Cacciatore + Rice	Cauliflower Mac & Cheese
Portion Size	1 pan = 20-25 portions	1-2 drums/student (size dependant)	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs, Soy	Soy Salad: Fish, Mustard, Sesame	Gluten, Eggs, Dairy, Soy	Soy	Gluten, Dairy, Eggs, Soy Hummus: Sesame
Dietary Restrictions	Made without Dairy	Made without Gluten, Dairy	Vegetarian	Made without Gluten, Dairy, Eggs	Vegetarian