

FLOURISH! MENU- APRIL 2025

March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
Breakfast Snack	Granola Bars + Yogurt Cups	Berry Scone + Fruit Leather	Morning Glory Muffins	Egg & Potato Bites (GF) + Fruit	Oatmeal Cookies + Fruit Leather
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Turkey Sausage, Potato, Vegetable Hash (GF)+ Raw Veg & Dip	Marinara Pasta + Caesar Salad	Chicken Fajita Casserole (GF) + Black Bean Salad
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Rice (GF) + Greek Salad	Turkey Sausage & Roasted Potato (GF) + Raw Veg & Dip	Marinara Pasta + Caesar Salad	Braised Chicken + Rice (GF) + Black Bean Salad
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather	Banana Bread	Chocolate Zucchini Muffins	PRO D
Lunch - Secondary	Potato & Cheese Perogies + Caesar Salad	Sweet & Sour Chicken Meatball + Rice + Green Salad	Beeferoni + Greek Salad	Butter Chicken & Veg + Rice + Raw Veg + Dip	Taco Salad - Spiced Beef & Beans + Taco Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Sweet & Sour Chicken Meatball + Rice + Green Salad	Beeferoni + Greek Salad	Butter Chicken + Rice + Raw Veg + Dip	PRO D
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Apple Cinnamon Scone + Fruit Leather **	Yogurt & Granola Parfait (GF)	Rhubarb Breakfast Square + Fruit	GOOD FRIDAY
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Vegetable Curry & Rice (GF) + Raw Veg & Hummus	Vegetarian Chili + Cheddar Scones + Green Salad	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad	GOOD FRIDAY
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Coconut Curry Sauce + Rice (GF) + Raw Veg & Hummus	Vegetarian Chili + Rice + Green Salad	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	GOOD FRIDAY
April 21-25	Monday	Tuesday	Wednesday	Thursday	Friday
	21	22	23	24	25
Breakfast Snack	EASTERMONDAY	Mixed Berry Scone + Fruit Leather	Zucchini Bread + Cheddar	Yogurt & Granola Parfait (GF)	Oatmeal Cookie + Fruit
Lunch - Secondary	EASTER MONDAY	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Vegetarian Chow Mein + Green Salad	Pasta Primavera + Greek Salad	Mechado Braised Beef + Vegetables + Rice + Raw Veg & Dip
Lunch - Elementary	EASTERMONDAY	Roasted Chicken Drum, Rice (GF) + Greek Salad	Vegetarian Chow Mein Noodles + Green Salad	Mac & Cheese + Greek Salad	Mechado Stew (Beef) + Rice + Raw Veg & Dip
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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March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
Breakfast Snack	Granola Bars + Yogurt Cups	Berry Scone + Fruit Leather**	Morning Glory Muffins	Egg & Potato Bites (GF) + Fruit	Oatmeal Cookies + Fruit Leather**
Portion Size	1 unit each	1 unit each	1 unit	1 unit	1 unit each
Common Allergens	Granola Bar: Please see ingredients on packaging, Vegetarian	Dairy, Gluten	Dairy, Gluten, Eggs	Dairy, Eggs	Gluten, Eggs
Dietary Restrictions	Granola Bar: Please see ingredients on packaging, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Made without Dairy, Vegetarian
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Breakfast Snack	Power Squares (GF) + Yogurt Cups	Cheese Scones + Fruit Leather**	Banana Bread + Fruit	Chocolate Zucchini Muffins	PRO D DAY
Portion Size	1 unit each	1 unit each	1 unit	1 unit	
Common Allergens	Yogurt Cup: Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	
Dietary Restrictions	Power Square: Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
	14	15	16	17	18
Breakfast Snack	Granola Bars (GF) + Yogurt Cups	Apple Cinnamon Scone + Fruit Leather **	Yogurt & Granola Parfait (GF)	Rhubarb Breakfast Square + Fruit	STAT
Portion Size	1 unit each	1 unit		4 5 1	
Common			1 unit each	1 unit each	
Common Allergens	Dairy	Dairy, Gluten	1 unit each Yogurt: Dairy Fruit Compote: Mixed Berries	Gluten, Eggs	
	Dairy Granola Bar: Made without Gluten, Vegetarian	Dairy, Gluten Vegetarian	Yogurt: Dairy Fruit Compote:		
Allergens Dietary	Granola Bar: Made without Gluten,		Yogurt: Dairy Fruit Compote: Mixed Berries Made without	Gluten, Eggs Made without	Friday
Allergens Dietary Restrictions	Granola Bar: Made without Gluten, Vegetarian	Vegetarian	Yogurt: Dairy Fruit Compote: Mixed Berries Made without Gluten, Vegetarian	Gluten, Eggs Made without Dairy, Vegetarian	Friday 25
Allergens Dietary Restrictions	Granola Bar: Made without Gluten, Vegetarian	Vegetarian Tuesday	Yogurt: Dairy Fruit Compote: Mixed Berries Made without Gluten, Vegetarian Wednesday	Gluten, Eggs Made without Dairy, Vegetarian Thursday	
Allergens Dietary Restrictions April 21-25 Breakfast	Granola Bar: Made without Gluten, Vegetarian Monday	Vegetarian Tuesday 22 Mixed Berry Scone	Yogurt: Dairy Fruit Compote: Mixed Berries Made without Gluten, Vegetarian Wednesday 23 Zucchini Bread +	Gluten, Eggs Made without Dairy, Vegetarian Thursday 24 Yogurt & Granola	25 Oatmeal Cookie +
Allergens Dietary Restrictions April 21-25 Breakfast Snack	Granola Bar: Made without Gluten, Vegetarian Monday	Vegetarian Tuesday 22 Mixed Berry Scone + Fruit Leather**	Yogurt: Dairy Fruit Compote: Mixed Berries Made without Gluten, Vegetarian Wednesday 23 Zucchini Bread + Cheddar	Gluten, Eggs Made without Dairy, Vegetarian Thuraday 24 Yogurt & Granola Parfait (GF)	25 Oatmeal Cookie + Fruit
Allergens Dietary Restrictions April 21-25 Breakfast Snack Portion Size Common	Granola Bar: Made without Gluten, Vegetarian Monday	Vegetarian Tuesday 22 Mixed Berry Scone + Fruit Leather**	Yogurt: Dairy Fruit Compote: Mixed Berries Made without Gluten, Vegetarian Wednesday 23 Zucchini Bread + Cheddar 1 unit	Gluten, Eggs Made without Dairy, Vegetarian Thursday 24 Yogurt & Granola Parfait (GF) 1 unit each Yogurt: Dairy Fruit Compote:	25 Oatmeal Cookie + Fruit 1 unit each

FLOURI	SH! MEAL	L INFO - E	LEMENTA	RY - APR	RIL 2025
March 31-April 4	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum, Rice (GF)	Turkey Sausage & Roasted Potato (GF)	Marinara Pasta	Braised Chicken + Rice (GF)
Entrée Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A	N/A	Gluten, Dairy, Eggs	N/A
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten or Dairy
April 7-11	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Lunch - Elementary	Beef Bolognese + Penne	Sweet & Sour Chicken Meatball + Rice	Beeferoni	Butter Chicken + Rice	STAT
Portion Size	1 pan = 20-25 portions	1 each	1 pan = 20-25 portions	1 pan = 20-25 portions	
Common Allergens	Gluten, Eggs	Gluten, Eggs	Gluten, Dairy, Eggs	N/A	
Dietary Restrictions	Made without Dairy	Made without Dairy		Made without Gluten or Dairy	
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
April 14-18	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
April 14-18 Lunch - Elementary			•		•
Lunch -	14 Potato & Cheese	15 Coconut Curry	16 Vegetarian Chili +	17	18
Lunch - Elementary	14 Potato & Cheese Perogies	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25	16 Vegetarian Chili + Rice 1 pan = 20-25	17 Pizza Quesadilla	18
Lunch - Elementary Portion Size Common	Potato & Cheese Perogies 4 Perogies	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions	Vegetarian Chili + Rice 1 pan = 20-25 portions	Pizza Quesadilla	18
Lunch - Elementary Portion Size Common Allergens Dietary	Potato & Cheese Perogies 4 Perogies Gluten, Dairy	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy,	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A	Pizza Quesadilla 1 each Gluten, Dairy	18
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian	18 STAT
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday	17 Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday	18 STAT
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch -	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday 21	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday 23 Vegetarian Chow	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thuraday 24	STAT Friday 25 Mechado Stew
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Elementary	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday 21	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Rice (GF) 1-2 Drums size	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday 28 Vegetarian Chow Mein Noodles 1 pan = 20-25	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Mac & Cheese 1 pan = 20-25	Friday 25 Mechado Stew (Beef) + Rice 1 pan = 20-25
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Elementary Portion Size Common	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday 21	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Rice (GF) 1-2 Drums size dependant	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday 28 Vegetarian Chow Mein Noodles 1 pan = 20-25 portions	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Mac & Cheese 1 pan = 20-25 portions	Friday 25 Mechado Stew (Beef) + Rice 1 pan = 20-25 portions
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday 21 STAT	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Rice (GF) 1-2 Drums size dependant N/A Made without Gluten or Dairy	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday 28 Vegetarian Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian	Friday 25 Mechado Stew (Beef) + Rice 1 pan = 20-25 portions Gluten
Lunch - Elementary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Elementary Portion Size Common Allergens Dietary Restrictions	Potato & Cheese Perogies 4 Perogies Gluten, Dairy Vegetarian Monday 21 STAT	Coconut Curry Sauce + Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Rice (GF) 1-2 Drums size dependant N/A Made without	Vegetarian Chili + Rice 1 pan = 20-25 portions N/A Vegetarian Wednesday 28 Vegetarian Chow Mein Noodles 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Mac & Cheese 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian d fruit and berries.	Friday 25 Mechado Stew (Beef) + Rice 1 pan = 20-25 portions Gluten

FLOUR	RISH! MEA	L INFO - S	SECONDA	RY - APR	IL 2025
March 31st-April 4th	Monday	Tuesday	Wednesday	Thursday	Friday
	31	1	2	3	4
Lunch - Secondary	Beef Bolognese + Penne	Roasted Chicken Drum, Steamed Vegetables(GF) + Sushi Salald	Turkey Sausage, Potato, Vegetable Hash (GF)	Marinara Pasta	Chicken Fajita Casserole (GF)
Entrée Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Eggs	N/A Salad: Sesame	N/A	Gluten, Dairy, Eggs	Dairy
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy	Vegetarian	Made without Gluten
April 7th-April 11th	Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10	11
Lunch - Secondary	Potato & Cheese Perogies	Sweet & Sour Chicken Meatball + Rice	Beeferoni + Greek Salad	Butter Chicken & Veg + Rice	Taco Salad - Spiced Beef & Beans + Taco Salad
Portion Size	4 perogies	1 each	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	Gluten, Eggs	Gluten, Dairy, Eggs	N/A	Dairy
Dietary Restrictions	Vegetarian	Made without Dairy		Made without Gluten or Dairy	Made without Gluten
April 14-18	Monday	Tuesday	Wednesday	Thursday	Friday
April 14-18	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
April 14-18 Lunch - Secondary			Wednesday 16 Vegetarian Chili + Cheddar Scones		,
Lunch -	14 Beef Bolognese +	15 Vegetable Curry &	16 Vegetarian Chili +	17	18
Lunch - Secondary	Beef Bolognese + Penne 1 pan = 20-25	Vegetable Curry & Rice (GF)	Vegetarian Chili + Cheddar Scones 1 pan = 20-25	17 Pizza Quesadilla	18
Lunch - Secondary Portion Size Common	Heef Bolognese + Penne 1 pan = 20-25 portions	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili:	17 Pizza Quesadilla 1 each	18
Lunch - Secondary Portion Size Common Allergens Dietary	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy,	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A	Pizza Quesadilla 1 each Gluten, Dairy	18
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian	18 STAT
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian Wednesday	17 Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday	18 STAT
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch -	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 21	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Steamed Vegetables (GF) + Sushi Salald 1-2 Drums size	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian Wednesday 28 Vegetarian Chow Mein 1 pan = 20-25	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Pasta Primavera 1 pan = 20-25	Friday 25 Mechado Braised Beef + Vegetables + Rice 1 pan = 20-25
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Secondary	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 21	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Steamed Vegetables (GF) + Sushi Salald	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian Wednesday 23 Vegetarian Chow Mein	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Pasta Primavera	Friday 25 Mechado Braised Beef + Vegetables + Rice
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Secondary Portion Size Common	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 21	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Steamed Vegetables (GF) + Sushi Salald 1-2 Drums size dependant	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian Wednesday 23 Vegetarian Chow Mein 1 pan = 20-25 portions	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Pasta Primavera 1 pan = 20-25 portions	Friday 25 Mechado Braised Beef + Vegetables + Rice 1 pan = 20-25 portions
Lunch - Secondary Portion Size Common Allergens Dietary Restrictions April 21-25 Lunch - Secondary Portion Size Common Allergens Dietary Restrictions	Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs Made without Dairy Monday 21 STAT	Vegetable Curry & Rice (GF) 1 pan = 20-25 portions N/A Made without Gluten or Dairy, Vegetarian Tuesday 22 Roasted Chicken Drum, Steamed Vegetables (GF) + Sushi Salald 1-2 Drums size dependant N/A Salad: Sesame	Vegetarian Chili + Cheddar Scones 1 pan = 20-25 portions Scones: Gluten, Dairy Chili: N/A Vegetarian Wednesday 23 Vegetarian Chow Mein 1 pan = 20-25 portions Gluten, Eggs Made without Dairy, Vegetarian	Pizza Quesadilla 1 each Gluten, Dairy Vegetarian Thursday 24 Pasta Primavera 1 pan = 20-25 portions Gluten, Dairy, Eggs Vegetarian	Friday 25 Mechado Braised Beef + Vegetables + Rice 1 pan = 20-25 portions Gluten