



FLOURISH! MENU - JUNE 2025

June 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast Snack	Power Squares + Yogurt Cups	Cheese Scones + Fruit	Oatmeal Cookies + Fruit Leather**	Chicken Sausage Rolls + Fruit	Pumpkin Muffins + Cheddar Cheese Slices
Lunch - Secondary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum, Steamed Vegetables + Sushi Salad	Vegetarian Teryaki Chow Mein + Green Salad	Vegetarian Chili & Cheddar Scone + Raw Veg & Dip	Ratatouille Pasta + Green Salad
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum, Rice + Greek Salad	Vegetarian Teryaki Chow Mein Noodles + Green Salad	Vegetarian Chili + Rice + Raw Veg & Dip	Ratatouille Pasta + Green Salad
June 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Breakfast Snack	Granola Bars + Yogurt Cups	Craisin Scones + Fruit	Banana Bread + Fruit Leather**	Egg & Potato Bites + Fruit	Morning Glory Muffins
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Turkey Sausage, Potato, Vegetable Hash + Green Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Beefaroni + Caesar Salad	Chicken Fajita Casserole + Raw Veg & Dip
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage & Roasted Potato + Green Salad	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Beefaroni + Caesar Salad	Braised Chicken + Rice + Raw Veg & Dip
June 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Breakfast Snack	Power Squares + Yogurt Cups	Cheese Scones + Fruit	Pumpkin Muffins + Cheddar Cheese Slices	Cereal Balls + Fruit Leather**	Chocolate Zucchini Muffins
Lunch - Secondary	Potato & Cheese Perogies + Caesar Salad	Marinara Beef Meatballs + Egg Noodles + Green Salad	Egg Fried Rice + Greek Salad	Butter Chicken + Potatoes & Veg + Green Salad	Pasta Pesto Primavera + Raw Veg & Hummus
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Marinara Beef Meatballs + Egg Noodles + Green Salad	Egg Fried Rice + Greek Salad	Butter Chicken + Potatoes + Green Salad	Pesto Pasta + Raw Veg & Hummus
June 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Breakfast Snack	Granola Bars + Yogurt Cups	Mixed Berry Scone + Fruit	Green Smoothy Muffin	Oatmeal Cookies	WE HOPE YOU
Lunch - Secondary	Beef Bolognese + Penne + Caesar Salad	Roasted Chicken Drum + Veg + Sushi Salad	Weiners & Beans + Raw Veg & Dip	Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad	HAVE A WONDERFULL
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Roasted Chicken Drum + Rice + Green Salad	Weiners & Beans + Raw Veg & Dip	Pizza Quesadilla (Tomato sauce, cheese) + Caesar Salad	SUMMER!

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.

FLOURISH! SNACK INFO - JUNE 2025

June 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast Snack	Power Squares + Yogurt Cups	Cheese Scones + Fruit	Oatmeal Cookies + Fruit Leather**	Chicken Sausage Rolls + Fruit	Pumpkin Muffins + Cheddar Cheese Slices
Portion Size	1 unit each	1 unit each	1 unit each	1 unit each	1 unit
Common Allergens	<i>Yogurt Cup</i> : Dairy	Dairy, Gluten	Gluten, Eggs	Dairy, Gluten, Eggs	Gluten, Eggs, Dairy
Dietary Restrictions	<i>Power Square</i> : Made without Gluten or Dairy, Vegetarian	Vegetarian	Made without Dairy, Vegetarian	N/A	Vegetarian
June 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Breakfast Snack	Granola Bars + Yogurt Cups	Craisin Scones + Fruit	Banana Bread + Fruit Leather**	Egg & Potato Bites + Fruit	Morning Glory Muffins
Portion Size	1 unit each	1 unit each	1 unit	1 unit	1 unit
Common Allergens	Dairy	Dairy, Gluten	Gluten, Eggs	Dairy, Eggs	Dairy, Gluten, Eggs
Dietary Restrictions	<i>Granola Bar</i> : Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Gluten, Vegetarian	Vegetarian
June 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Breakfast Snack	Power Squares + Yogurt Cups	Cheese Scones + Fruit	Pumpkin Muffins + Cheddar Cheese Slices	Cereal Balls + Fruit Leather**	Chocolate Zucchini Muffins
Portion Size	1 unit each	1 unit each	1 unit	1 unit	1 unit
Common Allergens	<i>Yogurt Cup</i> : Dairy	Dairy, Gluten	Gluten, Eggs, Dairy	N/A	Gluten, Eggs
Dietary Restrictions	<i>Power Square</i> : Made without Gluten or Dairy, Vegetarian	Vegetarian	Vegetarian	Made Without Gluten, Dairy, Vegetarian	Made without Dairy, Vegetarian
June 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Breakfast Snack	Granola Bars + Yogurt Cups	Mixed Berry Scone + Fruit	Green Smoothy Muffin	Oatmeal Cookies + Fruit Leather**	
Portion Size	1 unit each	1 unit each	1 unit each	1 unit each	
Common Allergens	Dairy	Dairy, Gluten	Gluten, Eggs	Gluten, Eggs	
Dietary Restrictions	<i>Granola Bar</i> : Made without Gluten, Vegetarian	Vegetarian	Vegetarian	Made without Dairy, Vegetarian	
<i>www.flourishschoolfood.ca</i>					
**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.					
Each recipe contains different fruit and berries.					

FLOURISH! MEAL INFO - JUNE 2025					
June 2-6	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Elementary	Beef Bolognese + Penne	Roasted Chicken Drum, Rice	Vegetarian Teryaki Chow Mein Noodles	Vegetarian Chili	Ratatouille Pasta
Entrée Portion Size	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
Common Allergens	Gluten, Eggs	N/A	Gluten, Eggs	N/A	Gluten, Dairy, Eggs
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Made without Gluten, Dairy, Vegetarian	Vegetarian
June 9-13	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Elementary	Potato & Cheese Perogies	Turkey Sausage & Roasted Potato	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Beefaroni	Braised Chicken + Rice
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	HUMMUS Contains Sesame	Gluten, Dairy, Eggs	N/A
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Gluten or Dairy, Vegetarian		Made without Gluten or Dairy
June 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Elementary	Beef Bolognese + Penne + Caesar Salad	Marinera Beef Meatballs	Egg Fried Rice	Butter Chicken + Potatoes	Pesto Pasta + Raw Veg & Hummus
Portion Size	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
Common Allergens	Gluten, Eggs	Gluten, Eggs, Dairy	Eggs	N/A	Gluten, Dairy, Eggs. HUMMUS Contains Sesame
Dietary Restrictions	Made without Dairy		Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian
June 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Elementary	Potato & Cheese Perogies	Roasted Chicken Drum + Rice	Weiners (Beef) & Beans	Pizza Quesadilla (Tomato sauce, cheese)	
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 each	
Common Allergens	Gluten, Dairy	N/A	Gluten	Gluten, Dairy	
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Dairy	Vegetarian	
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FLOURISH! MEAL INFO- JUNE 2025					
March 31st-April 4th	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch - Secondary	Potato & Cheese Perogies	Roasted Chicken Drum, Steamed Vegetables+ Sushi Salad	Vegetarian Teryaki Chow Mein	Vegetarian Chili + Scones	Ratatouille Pasta
Entrée Portion Size	4 perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy	N/A Salad: Sesame	Gluten, Eggs	Scones: Gluten, Dairy	Gluten, Dairy, Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	Vegetarian
April 7th-April 11th	Monday	Tuesday	Wednesday	Thursday	Friday
	9	10	11	12	13
Lunch - Secondary	Beef Bolognese + Penne	Turkey Sausage, Potato, Vegetable Hash	Vegetable Curry & Rice + Raw Veg & Hummus	Beefaroni	Chicken Fajita Casserole
Portion Size	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
Common Allergens	Gluten, Eggs	N/A	HUMMUS Contains Sesame	Gluten, Dairy, Eggs	Dairy
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Gluten or Dairy, Vegetarian		Made without Gluten
June 16-20	Monday	Tuesday	Wednesday	Thursday	Friday
	16	17	18	19	20
Lunch - Secondary	Potato & Cheese Perogies	Marinera Beef Meatballs	Egg Fried Rice	Butter Chicken + Potatoes & Veg	Pasta Pesto Primavera + Raw Veg & Hummus
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	Gluten, Dairy, Eggs	Eggs	N/A	Gluten, Dairy, Eggs. HUMMUS Contains Sesame
Dietary Restrictions	Vegetarian		Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	Vegetarian
June 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
	23	24	25	26	27
Lunch - Secondary	Beef Bolognese + Penne	Roasted Chicken Drum + Veg + Sushi Salad	Weiners (Beef) & Beans	Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	
Portion Size	1 pan = 20-25 portions	1-2 Drums size dependant	1 pan = 20-25 portions	1 each	
Common Allergens	Gluten, Eggs	N/A Salad: Sesame	Gluten	Gluten, Dairy	
Dietary Restrictions	Made without Dairy	Made without Gluten or Dairy	Made without Dairy	Vegetarian	
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**ALLERGEN ALERT - Our fruit leather is made using donated fruit and berries.					
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