

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 Salald	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	Craisen 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	Beeferoni + 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	Beeferoni + Caesar Salad	Braised Chicken + Rice + Raw Veg & Dip
June 16-20	Monday	Tuesday	Wednesday	 1	Friday
June 16-20	Monday	i uesday	vv eanesaay	Thursday	Friday
June 16-20	16	17	18	1 nursday 19	20
Breakfast Snack	16 Power Squares + Yogurt Cups		18 Pumpkin Muffins + Cheddar Cheese Slices		20 Chocolate Zucchini Muffins
Breakfast	16 Power Squares +	17 Cheese Scones +	18 Pumpkin Muffins + Cheddar Cheese	19 Cereal Balls + Fruit	20 Chocolate Zucchini
Breakfast Snack Lunch - Secondary Lunch - Elementary	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar Salad	Cheese Scones + Fruit Marinara Beef Meatballs + Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad Egg Fried Rice + Greek Salad	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw Veg & Hummus
Breakfast Snack Lunch - Secondary	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar	Cheese Scones + Fruit Marinara Beef Meatballs + Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad Tuesday	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad Thuraday	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw
Breakfast Snack Lunch - Secondary Lunch - Elementary	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar Salad	Cheese Scones + Fruit Marinara Beef Meatballs + Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad Egg Fried Rice + Greek Salad	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw Veg & Hummus
Breakfast Snack Lunch - Secondary Lunch - Elementary June 23-27 Breakfast	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar Salad Monday 23 Granola Bars +	Cheese Scones + Fruit Marinara Beef Meatballs+ Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad Tuesday 24 Mixed Berry Scone	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad Egg Fried Rice + Greek Salad Wednesday 25 Green Smoothy	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad Thursday 26	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw Veg & Hummus Friday 27
Breakfast Snack Lunch - Secondary Lunch - Elementary June 23-27 Breakfast Snack Lunch -	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar Salad Monday 2:3 Granola Bars + Yogurt Cups Beef Bolognese + Penne + Caesar Salad	Cheese Scones + Fruit Marinara Beef Meatballs + Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad Tuesday 24 Mixed Berry Scone + Fruit Roasted Chicken Drum + Veg + Sushi Salad Roasted Chicken Drum + Rice + Green Salad	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad Egg Fried Rice + Greek Salad Wednesday 25 Green Smoothy Muffin Weiners & Beans + Raw Veg & Dip Weiners & Beans + Raw Veg & Dip	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad Thursday 26 Oatmeal Cookies Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw Veg & Hummus Friday 27 WE HOPE YOU HAVE A
Breakfast Snack Lunch - Secondary Lunch - Elementary June 23-27 Breakfast Snack Lunch - Secondary Lunch -	Power Squares + Yogurt Cups Potato & Cheese Perogies + Caesar Salad Beef Bolognese + Penne + Caesar Salad Monday 2:3 Granola Bars + Yogurt Cups Beef Bolognese + Penne + Caesar Salad	Cheese Scones + Fruit Marinara Beef Meatballs + Egg Noodles + Green Salad Marinara Beef Meatballs + Egg Noodles + Green Salad Tuesday 24 Mixed Berry Scone + Fruit Roasted Chicken Drum + Veg + Sushi Salad Roasted Chicken Drum + Rice + Green	Pumpkin Muffins + Cheddar Cheese Slices Egg Fried Rice + Greek Salad Egg Fried Rice + Greek Salad Wednesday 25 Green Smoothy Muffin Weiners & Beans + Raw Veg & Dip Weiners & Beans + Raw Veg & Dip	Cereal Balls + Fruit Leather** Butter Chicken + Potatoes & Veg + Green Salad Butter Chicken + Potatoes + Green Salad Thuraday 26 Oatmeal Cookies Pizza Quesadilla (tomato sauce, cheese, peppers, onions) + Caesar Salad Pizza Quesadilla (Tomato sauce, cheese) + Caesar	Chocolate Zucchini Muffins Pasta Pesto Primavera + Raw Veg & Hummus Pesto Pasta + Raw Veg & Hummus Friday 27 WE HOPE YOU HAVE A WONDERFULL

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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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	Yogurt Cup: Dairy	Dairy, Gluten	Gluten, Eggs	Dairy, Gluten, Eggs	Gluten, Eggs, Dairy
Dietary Restrictions	Power Square: 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	Craisen 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	Granola Bar: 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		17 Cheese Scones + Fruit	-	_	
	16 Power Squares +	Cheese Scones +	18 Pumpkin Muffins + Cheddar Cheese	19 Cereal Balls + Fruit	20 Chocolate Zucchini
Snack	16 Power Squares + Yogurt Cups	Cheese Scones + Fruit	18 Pumpkin Muffins + Cheddar Cheese Slices	19 Cereal Balls + Fruit Leather**	20 Chocolate Zucchini Muffins
Snack Portion Size Common	Power Squares + Yogurt Cups 1 unit each	Cheese Scones + Fruit 1 unit each	18 Pumpkin Muffins + Cheddar Cheese Slices 1 unit	19 Cereal Balls + Fruit Leather**	20 Chocolate Zucchini Muffins 1 unit
Snack Portion Size Common Allergens Dietary	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy,	Cheese Scones + Fruit 1 unit each Dairy, Gluten	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy	Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy,	Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy,
Snack Portion Size Common Allergens Dietary Restrictions	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian	19 Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian
Snack Portion Size Common Allergens Dietary Restrictions	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian	19 Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thursday	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday
Snack Portion Size Common Allergens Dietary Restrictions June 23-27 Breakfast	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 23 Granola Bars +	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday 24 Mixed Berry Scone	18 Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian Wednesday 25 Green Smoothy	19 Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thuraday 26 Oatmeal Cookies +	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday
Snack Portion Size Common Allergens Dietary Restrictions June 23-27 Breakfast Snack	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 23 Granola Bars + Yogurt Cups	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday 24 Mixed Berry Scone + Fruit	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian Wednesday 25 Green Smoothy Muffin	Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thursday 26 Oatmeal Cookies + Fruit Leather**	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday
Snack Portion Size Common Allergens Dietary Restrictions June 23-27 Breakfast Snack Portion Size Common	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 23 Granola Bars + Yogurt Cups 1 unit each	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday 24 Mixed Berry Scone + Fruit 1 unit each	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian Wednesday 25 Green Smoothy Muffin 1 unit each	Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thursday 26 Oatmeal Cookies + Fruit Leather** 1 unit each	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday
Snack Portion Size Common Allergens Dietary Restrictions June 23-27 Breakfast Snack Portion Size Common Allergens Dietary	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 28 Granola Bars + Yogurt Cups 1 unit each Dairy Granola Bar: Made without Gluten, Vegetarian	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday 24 Mixed Berry Scone + Fruit 1 unit each Dairy, Gluten	18 Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian Wednesday 25 Green Smoothy Muffin 1 unit each Gluten, Eggs	Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thursday 26 Oatmeal Cookies + Fruit Leather** 1 unit each Gluten, Eggs Made without	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday
Snack Portion Size Common Allergens Dietary Restrictions June 23-27 Breakfast Snack Portion Size Common Allergens Dietary	Power Squares + Yogurt Cups 1 unit each Yogurt Cup: Dairy Power Square: Made without Gluten or Dairy, Vegetarian Monday 26 Granola Bars + Yogurt Cups 1 unit each Dairy Granola Bar: Made without Gluten, Vegetarian	Cheese Scones + Fruit 1 unit each Dairy, Gluten Vegetarian Tuesday 24 Mixed Berry Scone + Fruit 1 unit each Dairy, Gluten	Pumpkin Muffins + Cheddar Cheese Slices 1 unit Gluten, Eggs, Dairy Vegetarian Wednesday 25 Green Smoothy Muffin 1 unit each Gluten, Eggs Vegetarian	Cereal Balls + Fruit Leather** 1 unit N/A Made Without Gluten, Dairy, Vegetarian Thursday 26 Oatmeal Cookies + Fruit Leather** 1 unit each Gluten, Eggs Made without	20 Chocolate Zucchini Muffins 1 unit Gluten, Eggs Made without Dairy, Vegetarian Friday

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		Friday
	9	10	11	12	13
Lunch - Elementary	Potato & Cheese Perogies	Turkey Sausage & Roasted Potato	Coconut Curry Sauce + Rice + Raw Veg & Hummus	Beeferoni	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	I 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	
	Gluten, Dairy	N/A	Gluten	Gluten, Dairy	
Common Allergens					
	Vegetarian	Made without Gluten or Dairy	Made without Dairy	Vegetarian	

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 Salald	Vegetarian Teryaki Chow Mein	Vegetarian Chili + Scones	Ratatouille P
Entrée Portion Size	4 perogies	1-2 Drums size dependant	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-: portions
Common Allergens	Gluten, Dairy	N/A Salad: Sesame	Gluten, Eggs	Scones: Gluten, Dairy	Gluten, Da Eggs
Dietary Restrictions	Vegetarian	Made without Gluten or Dairy	Made without Dairy, Vegetarian	Vegetarian	Vegetaria
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	Beeferoni	Chicken Faj 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 = 20-2 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 witho 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 Pesi Primavera + F Veg & Humn
Portion Size	4 perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-2 portions
Common	Gluten, Dairy	Gluten, Dairy, Eggs	Eggs	N/A	Gluten, Dai Eggs. HUMMUS
Allergens					Contains Ses
Dietary Restrictions	Vegetarian		Made without Gluten or Dairy, Vegetarian	Made without Gluten or Dairy	
Dietary	Vegetarian Monday	Tuesday	Gluten or Dairy,		
Dietary Restrictions	-	Tuesday 24	Gluten or Dairy, Vegetarian	Gluten or Dairy Thursday 26	Vegetaria
Dietary Restrictions	Monday	-	Gluten or Dairy, Vegetarian Wednesday	Gluten or Dairy Thursday	Vegetariar
Dietary Restrictions June 23-27	Monday 23 Beef Bolognese +	24 Roasted Chicken Drum + Veg +	Gluten or Dairy, Vegetarian Wednesday 25 Weiners (Beef) &	Thursday 26 Pizza Quesadilla (tomato sauce, cheese, peppers,	Vegetaria Friday
Dietary Restrictions June 23-27 Lunch - Secondary	Monday 23 Beef Bolognese + Penne 1 pan = 20-25	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size	Gluten or Dairy, Vegetarian Wednesday 25 Weiners (Beef) & Beans 1 pan = 20-25	Thuraday 26 Pizza Quesadilla (tomato sauce, cheese, peppers, onions)	Vegetaria Friday
Dietary Restrictions June 23-27 Lunch - Secondary Portion Size Common	Monday 23 Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant N/A Salad: Sesame Made without Gluten or Dairy	Gluten or Dairy, Vegetarian Wednesday 25 Weiners (Beef) & Beans 1 pan = 20-25 portions Gluten Made without Dairy	Thuraday 26 Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each	Vegetariar Friday
Dietary Restrictions June 23-27 Lunch - Secondary Portion Size Common Allergens Dietary	Monday 23 Beef Bolognese + Penne 1 pan = 20-25 portions Gluten, Eggs	Roasted Chicken Drum + Veg + Sushi Salad 1-2 Drums size dependant N/A Salad: Sesame	Gluten or Dairy, Vegetarian Wednesday 25 Weiners (Beef) & Beans 1 pan = 20-25 portions Gluten Made without Dairy	Cluten or Dairy Thursday 26 Pizza Quesadilla (tomato sauce, cheese, peppers, onions) 1 each Gluten, Dairy	