



# BRANKSOME HALL

# Junior School Week 1,2 & 3 Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	Honey Glazed Chicken Bites, Warm Buttered Rice, Roasted Carrots Sticks with Orange and Maple	Beef and Veggie Chili Potato Boat A Warm Baked Potato Half Filled with Mild Beef Chili, Vegetables and Beans.	Farfalle with Pesto Alfredo Served with Parmesan Breadstick	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza Served with Caesar Salad	<b>Fish Taco (Haddock)</b> <b>Tortilla Shell with Guacamole Sauce and Shredded Lettuce</b>  <i>Tex Mex Potato Wedge Steamed Broccoli</i>
Vegetarian Alternative	Crispy Soy Tenders	Veggie and Bean Chili	Same as Hot Entree	Vegetable or Cheese Pizza	Plant Based Phish
Gluten Free Alternative	Same as Hot Entree	Same as Hot Entree	Gluten Free Pasta	Substitute to a GF Pizza	GF Cod Nugget
Condiments	Ketchup, Soy Sauce	Sour Cream, Cheese, Ketchup	Parmesan Cheese	Parmesan Cheese	Ketchup, Tartar Sauce
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	<b>Tamari Garlic Pork Skewers (Bites for JK-2) with Fried Rice</b> Mixed Veg with Steamed Edamame	Honey Mustard Chicken Mashed Potato Steamed Corn Kernels	Rotini Pasta with Meatballs and Marinara Sauce Served with Garlic Toast	Branksomes Mini Thunder Crunch with Lettuce, Tomato, Cheese Cajun Potato Wedges	Teriyaki Salmon Herbed Jasmine, Brown and Local Wild Rice Medley with Lemon Scented Vegetables
Vegetarian Alternative	Honey Garlic Tofu and Vegetables	Beyond "Chicken" Nuggets	Penne and Plant Based Meatballs	Vegetable Garden Burger	Faux Soy Phish Fillets with Teriyaki Dipping Sauce
Gluten Free Alternative	Tamari Garlic Pork	Same as Hot Entree	Gluten Free Pasta and Meatballs	GF Bun and Chicken	GF Teriyaki Salmon
Condiments	Soy Sauce	Ketchup	Parmesan Cheese	Ketchup, Mayo, Pickle	Soy Sauce
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	Shawarma Chicken Chunks Golden Rice, Green Beans, Warm Pita Points and Dips	Battered and Baked Crispy Cod Bites, Baked Potato Wedges, Roasted Broccoli	Rotini Pasta with Rose Sauce Served with Garlic Toast	Stir Fry Chicken Breast Strips Lo Mein Noodles, Carrots, Broccoli, Green Beans, Onions, Sugar Snap Peas, Corn, Red peppers, Mushrooms	Junior School Sushi Day!!!  Avocado and Cucumber Sushi Rolls  Vegetarian Dumpling and Edamame
Vegetarian Alternative	Falafels	Vegetable and Bean Stew	Same as Hot Entree	Soy Protein Nuggets	Avocado Sushi Roll
Gluten Free Alternative	Same as Hot Entree	Gluten Free Cod	Gluten Free Pasta	Same as Hot Entree	Gluten Free Sushi Roll
Condiments	Soy Sauce, Hummus	Tartar Sauce, Ketchup, Lemon	Parmesan	Ketchup	Soy Sauce
Accompaniment	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Crudité & Fruit *Grade 3-6 AWC Salad Bar	Turkey Sandwich Cucumber Coin Celery Stick Cheese String Sliced Oranges	Strawberry Jam Sand. Sliced Peppers Carrots Sliced Cheddar Diced Melon	Cream Cheese Pinwheel Cucumber Rings Boiled Egg Blueberries	Cheese Sand. Cherry Tomato Baby Corn Diced Mozza Pineapple	Soy Butter Sand. Carrot Cucumber Stick Cheese Triangle Apple Slices
Daily Indulgence	Sweets from the Earth Whoopie Pie	Fresh Fruit for the Sweet Tooth	Chocolate Milk or Made Good Soft Baked Cookie	Fresh Fruit for the Sweet Tooth	Assorted Healthy Crunch Bars