

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!!! <i>Cheese or Halal Beef Pepperoni Pizza</i> <i>Served with Caesar Salad</i>	Fish Taco (Haddock) Tortilla Shell with Guacamole Sauce and Shredded Lettuce <i>Tex Mex Potato Wedge</i> <i>Steamed Broccoli</i>
Vegetarian Alternative	Crispy Soy Tenders	Veggie and Bean Chili	Same as Hot Entree	<i>Vegetable or Cheese Pizza</i>	<i>Plant Based Phish</i>
Gluten Free Alternative	Same as Hot Entree	Same as Hot Entree	Gluten Free Pasta	<i>Substitute to a GF Pizza</i>	<i>GF Cod Nugget</i>
Condiments	Ketchup, Soy Sauce	Sour Cream, Cheese, Ketchup	Parmesan Cheese	<i>Parmesan Cheese</i>	<i>Ketchup, Tartar Sauce</i>
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	Tamari Garlic Pork Skewers (Bites for JK-2) with Fried Rice 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 Stips 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	<i>Milk or Water</i>	<i>Milk or Water</i>	<i>Milk or Water</i>	<i>Milk or Water</i>	<i>Milk or Water</i>
JK – Grade 2 Crudité & Fruit *Grade 3-6 AWC Salad Bar	<i>Turkey Sandwich</i> <i>Cucumber Coin</i> <i>Celery Stick</i> <i>Cheese String</i> <i>Sliced Oranges</i>	<i>Strawberry Jam Sand.</i> <i>Sliced Peppers</i> <i>Carrots</i> <i>Sliced Cheddar</i> <i>Diced Melon</i>	<i>Cream Cheese Pinwheel</i> <i>Cucumber Rings</i> <i>Boiled Egg</i> <i>Blueberries</i>	<i>Cheese Sand.</i> <i>Cherry Tomato</i> <i>Baby Corn</i> <i>Diced Mozza</i> <i>Pineapple</i>	<i>Soy Butter Sand.</i> <i>Carrot</i> <i>Cucumber Stick</i> <i>Cheese Triangle</i> <i>Apple Slices</i>
Daily Indulgence	<i>Sweets from the Earth Whoopie Pie</i>	<i>Fresh Fruit for the Sweet Tooth</i>	<i>Chocolate Milk or Made Good Soft Baked Cookie</i>	<i>Fresh Fruit for the Sweet Tooth</i>	<i>Assorted Healthy Crunch Bars</i>