



<b>Week 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Junior School Hot Entrée	<b>Honey Lime Chicken</b>  Quinoa and Jasmine Rice  Colorful Carrots	<b>Creamy Alfredo Gemelli Pasta</b>  With a Freshly Baked Buttermilk Biscuit	<b>Mediterranean Herbed Beef</b>  Mini Pitas  Steamed Mixed Vegetables	<b>Crispy Haddock on a Potato Bun</b>  Steamed Corn  Creamy Coleslaw	<b>Butter Chicken</b>  Basmati Rice  Steamed Peas  Mini Naan
Vegetarian Alternative	Plant Based Soy Tenders	Same as Hot Entrée	Mediterranean Impossible Beef	Plant Based "Phish" Fillets	Mild Curried Tofu
Gluten Free Alternative	Same as Above	GF Pasta and GF Bread	GF Tortilla Alternative	GF Bun and Non Breaded Fish	GF Naan Alternative
Condiments	Soy Sauce, Ketchup	Parmesan Cheese	N/A	Ketchup, Tartar Sauce	Soy Sauce, Ketchup
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Daily Crudité & Fresh Fruit *Grade 3-6 AWC Salad Bar	Cucumber Ring Baby Carrot Babybel Cheese Turkey Sandwich Sliced Oranges	Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices	Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries	Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves	Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple
Daily Indulgence	Strawberry Banana or Vanilla Yogurt Tube	Fresh Fruit for the Sweet Tooth	Made Good Soft Baked Cookie	Fresh Fruit for the Sweet Tooth	Chocolate Zucchini Loaf
<b>Week 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Junior School Hot Entrée	<b>BBQ Chicken Pieces/Drumstick</b>  Baked Potato Pieces  Steamed Yellow and Green Beans	<b>Spaghetti Day!</b>  with Beef Bolognese or Tomato Sauce  Garlic Toast	<b>Potato and Three Cheese Perogies</b>  Served with Sautéed Onions  Broccoli	<b>Crispy Beef Strips</b>  Jasmine Rice  Vegetable Medley	<b>Roasted Salmon</b>  Potato Wedges  Steamed Peas
Vegetarian Alternative	Lightly Spiced Soy Nuggets	Spaghetti Marinara	Same as Hot Entrée	Impossible Crumble	Ancient Grain Soy Tenders
Gluten Free Alternative	Same as above	Substitute to GF Pasta and GF Bread	GF Potato Perogies	Substitute to a Gluten Free Beef	Same as Hot Entrée
Condiments	Soy Sauce, Ketchup	Parmesan Cheese	Sour Cream	Soy Sauce, Ketchup	Ketchup, Lemon
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	Cucumber Ring Baby Carrot Babybel Cheese Turkey Sandwich Sliced Oranges	Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices	Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries	Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves	Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple
Daily Indulgence	Sweets from the Earth Whoopi Pie	Fresh Fruit for the Sweet Tooth	Chocolate Milk	Fresh Fruit for the Sweet Tooth	Baked Blueberry Loaf

All Junior School meals are portioned age appropriately. Water or milk options are offered at each meal. We include local, organic and scratch made ingredients when possible. We will provide alternatives for most common allergens and dietary restrictions. Although we make effort to provide options free of allergens to those people who require alternative meals, we cannot guarantee that the alternative items had not come into cross-contact with allergens during preparation or storage. For any questions, please contact Julie Trudeau ([jtrudeau@branksome.on.ca](mailto:jtrudeau@branksome.on.ca)).



<b>Week 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Junior School Hot Entrée</b>	<b>Lemon Chicken Pieces</b> Roasted Thyme Potatoes Green Beans	<b>Creamy Garlic and Shells and Cheese</b> Pasta Shells with Creamy Alfredo and Cheese Garlic Breadstick	<b>Oven Baked Crunchy Chicken Tenders</b> Steamed Whole Grain Rice Roasted Broccoli	<b>Cowboy Beef Chili</b> Beef and Tomato Chili with a Side of Corn and Crispy Tortilla Chips	<b>Coconut Curry Chicken and Beef Meatballs</b> Whole Grain Rice Sunrise Vegetable
<b>Vegetarian Alternative</b>	BBQ Tofu	Same as Hot Entrée	Substitute to Crispy Soy Tenders	Vegetarian Bean Chili	Vegetarian Soy Protein "Meatball"
<b>Gluten Free Alternative</b>	Same as Hot Entrée	Substitute to GF Pasta	Substitute to GF Chicken Tender	Same as Hot Entrée	Substitute to GF Meatball
<b>Condiments</b>	Soy Sauce Packages	Parmesan Cheese	Ketchup, Plum Sauce	Ketchup	Ketchup, Soy Sauce Tartar
<b>Beverage</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>JK – Grade 2 Daily Crudité &amp; Fresh Fruit *Grade 3-6 AWC Salad Bar</b>	Cucumber Ring Baby Carrot Babybel Cheese Turkey Sandwich Sliced Oranges	Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices	Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries	Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves	Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple
<b>Daily Indulgence</b>	Strawberry Banana or Vanilla Yogurt Tube	Fresh Fruit for the Sweet Tooth	Made Good Soft Baked Cookie	Fresh Fruit for the Sweet Tooth	Chocolate Zucchini Loaf
<b>Week 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Junior School Hot Entrée</b>	<b>Honey Garlic Ontario Chicken Breast Chunks</b> Brown Rice Julienne Carrots	<b>Cheese Tortellini with Marinara</b> Served with Garlic Toast	<b>Greek Lemon Chicken Bites</b> Garlic Roasted Potato Mixed Vegetables	<b>Junior School Pizza Day!!!</b> Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad	<b>Oven Roasted Teriyaki Salmon</b> Quinoa and Jasmine Rice Niagara Vegetables
<b>Vegetarian Alternative</b>	Honey Garlic Tofu	Same as Hot Entrée	Vegetarian Bean Stew	Vegetarian Pizza	Teriyaki Soy "Phish"
<b>Gluten Free Alternative</b>	No Honey Garlic Sauce	Substitute to GF Pasta	Same as Hot Entrée	GF Pizza	GF Bread Substitute
<b>Condiments</b>	N/A for Lunch Option	Shredded Parmesan	Soy Sauce, Ketchup	N/A for Lunch Option	N/A for Lunch Option
<b>Beverage</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>JK – Grade 2 Daily Crudité &amp; Fresh Fruit *Grade 3-6 AWC Salad Bar</b>	Cucumber Ring Baby Carrot Baby Bel Cheese Turkey Sandwich Sliced Oranges	Cherry Tomato Broccoli Sliced Chicken Cheddar Sandwiches Apple Slices	Cucumber Rings Diced Tomato Boiled Egg Bagel/Cream Cheese Strawberries	Cauliflower Cherry Tomato Diced Mozza Bread and Jam Banana Halves	Sliced Peppers Carrots Sliced Cheddar Assorted Pinwheels Diced Pineapple
<b>Daily Indulgence</b>	Assorted Healthy Crunch Snack	Fresh Fruit for the Sweet Tooth	Chocolate Milk	Fresh Fruit for the Sweet Tooth	Baked Carrot Loaf

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