

Junior School Week 1 & 2 Menu

HALL								
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Junior School Hot Entrée		Creamy Alfredo Gemelli Pasta With a Freshly Baked Buttermilk Biscuit	Dip and Dusted Haddock Fingers Crinkle Cut Potatoes Creamy Coleslaw	Mini Bahn Mi Sloppy Joe's (Mini Burger Buns with a Lemongrass Beef Filling) Lettuce, Carrots Steamed Corn	Butter Chicken Basmati Rice Steamed Peas Mini Naan			
Vegetarian Alternative	Plant Based Soy Tenders	Same as Hot Entrée	Soy Faux "Phish"	Veggie Burger	Mild Curried Tofu			
Gluten Free Alternative	Same as Above	GF Pasta and GF Bread	GF Tortilla Alternative	GF Bun Alternative	GF Naan Alternative			
Condiments	Soy Sauce, Ketchup	Parmesan Cheese	Soy Sauce, Ketchup	Ketchup, Mayo	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	•	Fresh Fruit for	Made Good Soft	Fresh Fruit for the	Chocolate Zucchini			
	or Vanilla Yogurt Tube	the Sweet Tooth	Baked Cookie	Sweet Tooth	Loaf			
Week 2	_	TUESDAY	Baked Cookie WEDNESDAY	Sweet Tooth THURSDAY	FRIDAY			
Week 2 Junior School Hot Entrée	Tube MONDAY BBQ Seasoned				FRIDAY			
Junior School	MONDAY BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots	TUESDAY Cavatappi Pasta with Marinara Warm Focaccia	Potato and Three Cheese Perogies Served with Sautéed Onions	THURSDAY Greek Style Beef Lemon Rice	FRIDAY Roasted Salmon Potato Wedges			
Junior School Hot Entrée Vegetarian	MONDAY BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots Lightly Spiced Soy	Cavatappi Pasta with Marinara Warm Focaccia	Potato and Three Cheese Perogies Served with Sautéed Onions Broccoli Same as Hot	THURSDAY Greek Style Beef Lemon Rice Cauliflower Impossible	FRIDAY Roasted Salmon Potato Wedges Steamed Peas Ancient Grain Soy			
Junior School Hot Entrée Vegetarian Alternative Gluten Free	MONDAY BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots Lightly Spiced Soy Nuggets	Cavatappi Pasta with Marinara Warm Focaccia Same as Hot Entrée Substitute to GF Pasta and GF	Potato and Three Cheese Perogies Served with Sautéed Onions Broccoli Same as Hot Entrée GF Potato	THURSDAY Greek Style Beef Lemon Rice Cauliflower Impossible Crumble Substitute to a	FRIDAY Roasted Salmon Potato Wedges Steamed Peas Ancient Grain Soy Tenders			
Junior School Hot Entrée Vegetarian Alternative Gluten Free Alternative	MONDAY BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots Lightly Spiced Soy Nuggets Same as above Soy Sauce, Ketchup	Cavatappi Pasta with Marinara Warm Focaccia Same as Hot Entrée Substitute to GF Pasta and GF Bread Parmesan	Potato and Three Cheese Perogies Served with Sautéed Onions Broccoli Same as Hot Entrée GF Potato Perogies	THURSDAY Greek Style Beef Lemon Rice Cauliflower Impossible Crumble Substitute to a Gluten Free Beef Soy Sauce,	FRIDAY Roasted Salmon Potato Wedges Steamed Peas Ancient Grain Soy Tenders Same as Hot Entrée			
Junior School Hot Entrée Vegetarian Alternative Gluten Free Alternative Condiments	MONDAY BBQ Seasoned Chicken Pieces. Roasted Potatoes Colorful Carrots Lightly Spiced Soy Nuggets Same as above Soy Sauce, Ketchup Milk or Water Cucumber Ring	Cavatappi Pasta with Marinara Warm Focaccia Same as Hot Entrée Substitute to GF Pasta and GF Bread Parmesan Cheese	Potato and Three Cheese Perogies Served with Sautéed Onions Broccoli Same as Hot Entrée GF Potato Perogies Sour Cream	THURSDAY Greek Style Beef Lemon Rice Cauliflower Impossible Crumble Substitute to a Gluten Free Beef Soy Sauce, Ketchup Milk or Water	Roasted Salmon Potato Wedges Steamed Peas Ancient Grain Soy Tenders Same as Hot Entrée Ketchup, Lemon			

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 (itrudeau@branksome.on.ca)



Junior School Week 3 & 4 Menu

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	Lemon Chicken Pieces Roasted Thyme Potatoes Green Beans	Creamy Garlic and Shells and Cheese Pasta Shells with Creamy Alfredo and Cheese Garlic Breadstick	Oven Baked Crunchy Chicken Tenders Steamed Whole Grain Rice Roasted Broccoli	Cowboy Beef Chili Beef and Tomato Chili with a Side of Corn and Crispy Tortilla Chips	Chicken and Beef Meatballs in Tomato Sauce Yellow Rice Sunrise Vegetable
Vegetarian Alternative	BBQ Tofu	Same as Hot Entrée	Crispy Soy Tenders	Vegetarian Bean Chili	Vegetarian Soy Protein "Meatball"
Gluten Free Alternative	Same as Hot Entrée	Substitute to GF Pasta	Substitute to GF Chicken Tender	Same as Hot Entrée	Substitute to GF Meatball
Condiments	Soy Sauce Packages	Parmesan Cheese	Ketchup, Plum Sauce	Ketchup	Ketchup, Soy Sauce Tartar
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
Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4 Junior School Hot Entrée	MONDAY Diced Honey Garlic Ontario Chicken Pieces Brown Rice Julienne Carrots	Fettuccine Alfredo Served with Garlic Toast	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed Vegetables	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad	FRIDAY Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara Vegetables
Junior School	Diced Honey Garlic Ontario Chicken Pieces Brown Rice	Fettuccine Alfredo Served with	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with	Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara
Junior School Hot Entrée Vegetarian	Diced Honey Garlic Ontario Chicken Pieces Brown Rice Julienne Carrots	Fettuccine Alfredo Served with Garlic Toast Same as Hot	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed Vegetables Vegetarian Bean	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad	Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara Vegetables Teriyaki Soy
Junior School Hot Entrée Vegetarian Alternative Gluten Free	Diced Honey Garlic Ontario Chicken Pieces Brown Rice Julienne Carrots Honey Garlic Tofu No Honey Garlic	Fettuccine Alfredo Served with Garlic Toast Same as Hot Entrée Substitute to GF	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed Vegetables Vegetarian Bean Stew Same as Hot	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad Vegetarian Pizza	Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara Vegetables Teriyaki Soy "Phish" GF Bread
Junior School Hot Entrée Vegetarian Alternative Gluten Free Alternative	Diced Honey Garlic Ontario Chicken Pieces Brown Rice Julienne Carrots Honey Garlic Tofu No Honey Garlic Sauce N/A for Lunch	Fettuccine Alfredo Served with Garlic Toast Same as Hot Entrée Substitute to GF Pasta Shredded	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed Vegetables Vegetarian Bean Stew Same as Hot Entrée Soy Sauce,	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad Vegetarian Pizza GF Pizza N/A for Lunch	Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara Vegetables Teriyaki Soy "Phish" GF Bread Substitute N/A for Lunch
Junior School Hot Entrée Vegetarian Alternative Gluten Free Alternative Condiments	Diced Honey Garlic Ontario Chicken Pieces Brown Rice Julienne Carrots Honey Garlic Tofu No Honey Garlic Sauce N/A for Lunch Option	Fettuccine Alfredo Served with Garlic Toast Same as Hot Entrée Substitute to GF Pasta Shredded Parmesan	Greek Lemon Chicken Bites Garlic Roasted Potato Mixed Vegetables Vegetarian Bean Stew Same as Hot Entrée Soy Sauce, Ketchup	Junior School Pizza Day!!! Cheese or Halal Beef Pepperoni Pizza's Served with Caesar Salad Vegetarian Pizza GF Pizza N/A for Lunch Option	Oven Roasted Teriyaki Salmon Quinoa and Jasmine Rice Niagara Vegetables Teriyaki Soy "Phish" GF Bread Substitute N/A for Lunch Option

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