

Week 1 Duncan Mill Campus

Winter 2019

Monday

Tuesday

Wednesday

Thursday

Friday

BG2 - GRADE 1

Steamed Salmon Fillets
Roasted New Potatoes
Steamed Carrot Coins

Baked Chicken Tenders
Country Style Whole Wheat
Pasta Salad
Cool Cucumber

Whole Grain Rotini Pasta
Marinara Sauce
Steamed Broccoli

Braised Beef
Steamed Jasmine Rice
Sweet Peas

Boneless Roasted Chicken
Soba Noodles
Steamed Bok Choy

GRADES 2-5

Steamed Salmon Fillets
Lemon & Dill Sauce
Roasted New Potatoes
Key west Vegetable

Baked Chicken Tenders
Country Style W.Wheat
Pasta Salad
Garden Vegetable

Whole Grain Rotini Pasta
Bechamel & Marinara Sauce
Warm Baguettine

Braised Beef Stew
Steamed Jasmine Rice
Sweet Peas

Roasted Chicken with
Orange Plum Sauce
Soba Noodles
Steamed Bok Choy

SECOND OPTION

Suitable for Vegan / Gluten Free
Plant-Based Sausage
& Vegetable Skillet

Suitable for Vegan / Gluten Free
Grilled Veggie Burger Stacks
with Mediterranean Veggie

Sticky Five Spice BBQ
Char Siu Pork Ribs

Suitable for Vegan / Gluten Free
Quinoa, Veggie & Black Bean Chili

Vegetable Curry Turnover
Cilantro & Mint Chutney

VEGETARIAN

Suitable for Vegan / Gluten Free
Plant-Based Sausage
& Vegetable Skillet

Suitable for Vegan / Gluten Free
Grilled Veggie Burger Stacks
with Mediterranean Veggie

Whole Grain Rotini Pasta
Bechamel & Marinara Sauce
Warm Baguettine

Suitable for Vegan / Gluten Free
Quinoa, Veggie & Black Bean Chili

Vegetable Curry Turnover
Cilantro & Mint Chutney

DESSERT

Fresh Cut Fruits
BG2-Grade 1

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Fresh Cut Fruits
BG2-Grade 1

Frozen Yogurt
BG2-Grade 1

Fresh Cut Fruits
Grades 2-5

Fresh Cut Fruits
Grades 2-5

Fresh Fruit Smoothies
Grades 2-5

Fresh Cut Fruits
Grades 2-5

Frozen Yogurt
Grades 2-5

NOTE:

- Milk and water are provided with every lunch
- During every lunch period, each preschool classroom gets a second option with a plate of cucumber & crudite, cold cut turkey, assorted breads, sliced cheese and cream cheese