

Week 2 Duncan Mill Campus

Winter 2019

Monday

Tuesday

Wednesday

Thursday

Friday

BG2 - GRADE 1

Baked Chicken Cutlets
Homestyle Cdn Potato
Steamed Broccoli

Baked Boneless Chicken
Basmati Rice
Crisp Green Bean

Whole Wheat Penne
Marinara Sauce
Cheesy Bread Stick

Lemon Pepper Cod
Roasted Fingering Potato
Petit Pois

Shaved Beef Sirloin
Udon Noodles
Baby Bok Choy

GRADES 2-5

Baked Chicken Cutlets
Homestyle Cdn Potato
Steamed Broccoli

Baked Tandoori Chicken
Steamed Basmati Rice
Crisp Green Bean

Whole Wheat Penne
Bechamel & Marinara Sauce
Cheesy Bread Stick

Lemon Pepper Cod
Roasted Fingering Potato
Petit Pois

Ginger Beef Stir Fry
Udon Noodles
Baby Bok Choy

SECOND OPTION

Vegetable W/Wheat Lasagna

Suitable for Vegan / Gluten Free
Quinoa Tabbouleh Salad
with Chickpeas Falafel

Fire-Grilled Skirt Steak
Beetroot & Lentil Salad

Suitable for Vegan / Gluten Free
Roasted Garlic Pesto with
Plant-based Italian Sausage
Gluten Free Pasta

Suitable for Vegan
BBQ Veggie Crumble
Lettuce Wraps

VEGETARIAN

Vegetable W/Wheat Lasagna

Suitable for Vegan / Gluten Free
Quinoa Tabbouleh Salad
with Chickpeas Falafel

Whole Wheat Penne
Marinara Sauce
Cheesy Bread Stick

Suitable for Vegan / Gluten Free
Roasted Garlic Pesto with
Plant-based Italian Sausage
Gluten Free Pasta

Suitable for Vegan
BBQ Veggie Crumble
Lettuce Wraps

DESSERT

Fresh Cut Fruits
BG2-Grade 1

Fresh Cut Fruits
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Fresh Cut Fruits
BG2-Grade 1

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