

Week 3 Duncan Mill Campus

Winter 2019

Monday

Tuesday

Wednesday

Thursday

Friday

BG2 - GRADE 1

Baked Chicken Breast
Steamed w/Grain Rice
Sweet Corn

Roasted Pork Loin
Parisienne Potatoes
Steamed Broccoli

Whole Grain Spaghetti
Turkey Bolognese Sauce
W/Wheat Garlic Toast

Boneless Chicken Strips
Steamed Yukon Potatoes
Heirloom Carrots

Crusted Panko Haddock
Steamed Sticky Rice
Edamame

GRADES 2-5

Grilled Chicken Fajitas
Sautéed Bell Pepper & Shallot
W/Grain Spanish Rice
Sweet Corn

Herbs Roasted Pork Loin
Mushroom Sauce
Parisienne Potatoes
Steamed Broccoli

Whole Grain Spaghetti
Turkey Bolognese Sauce
Roma Tomato Bruschetta
W/Wheat Garlic toast

Grilled Chicken Kalamaki
Steamed Yukon Potatoes
Greek Salad
Tzatziki Sauce

Crusted Panko Haddock
Steamed Sticky Rice
Edamame

SECOND OPTION

Grilled Veggie Quesadillas
with Smoked Gouda
Creamy Avocado Dip

Butternut Squash Ravioli
Crisp Sage & Sun-dried
Tomato

Cantonese-Style Steamed White
Fish Fillet with Ginger & Scallion
Baby Bok Choy

Baked Phyllos Pastry
with Feta & Spinach

Potato Gnocchi with
Pomodoro Sauce

VEGETARIAN

Grilled Veggie Quesadillas
with Smoked Gouda
Creamy Avocado Dip

Butternut Squash Ravioli
Crisp Sage & Sun-dried
Tomato

Whole Grain Spaghetti
Turkey Bolognese Sauce
Roma Tomato Bruschetta
W/Wheat Garlic toast

Baked Phyllos Pastry
with Feta & Spinach

Potato Gnocchi with
Pomodoro Sauce

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