



BAYVIEW GLEN DUNCAN MILL CAMPUS **SPRING** MENU 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JK- Gr.1					
Week 1	Flaxseed Chicken Tenders Homestyle Potato Wedges Petit Pois w/ Sea Salt	Meatballs w/ Mushroom Sauce Broad Egg Noodles Steamed Heirloom Carrots Parmesan Cheese	Dina's Soy-Glazed Chicken Steamed Jasmine Rice Edamame	Whole Wheat Penne Pasta Tomato Sauce Cheesy Breadsticks Steamed Broccoli Florets Parmesan Cheese	Mini Beef Sliders Homestyle Potato Coins Vegetable Crudites
Week 2	Personalized Five Cheese Pizza Choice of Toppings Caesar Salad	Butter Chicken Steamed Basmati Rice Crispy Roasted Green Beans	Whole Grain Spaghetti Pasta Basil Tomato Sauce Whole Wheat Garlic Toast Steamed Vegetable Medley	Baked Haddock Fillets Dina's Tartar Sauce Roasted Potato & Sweet Corn	Pineapple Chicken Breasts Lo-Mein Noodles Chop Suey Vegetables
Week 3	Fire- Grilled Chicken Dina's Tzatziki Sauce Crispy Roast Potatoes Mediterranean Vegetables	Shaved Beef Stir-fry Steamed Sticky Rice Baby Bok Choy	Whole Wheat Macaroni Tomato & Cheese Sauce Steamed Broccoli Florets	Lemon Pepper Cod Dina's Tartar Sauce Potato Wedges & Petit Pois	Lean Turkey Bolognese Gemelli Pasta Steamed Heirloom Carrots Parmesan Cheese
Dessert	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Fresh Cut Fruits	Frozen Yogurt

NOTE: Canadian milk and water are provided with every lunch

During every lunch period, each classroom gets a cold plate of crudites, cold cut turkey, assorted breads, sliced cheese and cream cheese