

		BAYVIEW GLEN DUNCAN MILL CAMPUS SPRING MENU 2023				aramark
Grade 2-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 1	Grade 2-5	Soup of the day Hearty Vegetable Soup	Soup of the day Potato & Leek Soup	Soup of the day Wonton Soup	Soup of the day Chef's Robert's Choice	Soup of the day Broccoli Soup
	Main Option	Flaxseed Chicken Tenders Homestyle Potato Wedges Petit Pois w/ Sea Salt & (Suitable for Vegetarian) Beyond Sausage, Kale & Roasted Pepper Stromboli	Baked Beef Meatballs Broad Egg Noodles & Gravy Steamed Heirloom Carrots & (Suitable for Vegetarian) Skillet Gnocchi w/ Spinach & Roasted Mushroom	Dina's Soy-Glazed Chicken Steamed Jasmine Rice Edamame & (Suitable for Vegetarian) Baked Veggie Spring Rolls w/ Vermicelli & Tofu Crumbles	(Suitable for Vegetarian) Whole Wheat Penne Pasta Alfredo & Tomato Sauce Cheesy Breadsticks Steamed Broccoli Florets & Pan Roasted Chicken w/ Grilled Spring Vegetables	Mini Beef Sliders Homestyle Potato Coins Pickled Spear & (Suitable for Vegan/ Nut Aware) Pad Thai Noodles Salad w/ Crispy Tofu
	Deli Bar	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Roast Beef Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun
	Salad Bar	Create-your-own Romaine Heart & Arugula Rainbow Salad Toppings Beet Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings 7 Grains Salad Fresh Cut Fruits	Create-your-own Arugula & Spinach Rainbow Salad Toppings Quinoa & Lentil Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings Sama's Specialty Salad Fresh Cut Fruits	Create-your-own Romain Heart & Arugula Rainbow Salad Toppings Mediterranean Legumes Salad Fresh Cut Fruits
	Dessert	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Frozen Yogurt

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Grade 2-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 2	Grade 2-5	Soup of the day Minestrone Soup	Soup of the day Chef Robert's Choice	Soup of the day Vegetable & Beef Soup	Soup of the day Chicken Soup	Soup of the day Miso Soup
	Main Option	(Suitable for Vegetarian) Personalized Five Cheese Pizza Choice of Toppings Kale Caesar Salad & Southern-Style Chicken w/ Rainbow Slaw	Butter Chicken Steamed Basmati Rice Crispy Roasted Green Beans & (Suitable for Vegetarian) Baked Samosas (Legumes) Chef Robert's Mango Chutney	(Suitable for Vegetarian) Whole Grain Spaghetti Pasta Basil Tomato Sauce Whole Wheat Garlic Toast Fresh Tomato Bruschetta & Herb-Crusted Pork Roast Pineapple Salsa	(MSC Certified) Baked Haddock Fillets Dina's Tartar Sauce Roasted Potato & Sweet Corn & (Suitable for Vegetarian) Kale & Lentil Shepherd's Pie	Chicken Pineapple Stir-Fry Lo-Mein Noodles Chop Suey Vegetables & (Suitable for Vegetarian) Teriyaki Tofu w/ Kimchi & Vegetable Fried Rice
	Deli Bar	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Roast Beef Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun
	Salad Bar	Create-your-own Romaine Heart & Arugula Rainbow Salad Toppings Broccoli Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings Sama's Specialty Salad Fresh Cut Fruits	Create-your-own Arugula & Spinach Rainbow Salad Toppings Caprese Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings Whole Wheat Macaroni Salad Fresh Cut Fruits	Create-your-own Romain Heart & Arugula Rainbow Salad Toppings Legumes Salad Fresh Cut Fruits
	Dessert	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Frozen Yogurt

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Grade 2-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W e e k 3	Grade 2-5	Soup of the day Legumes Vegetable Soup	Soup of the day Cream of Mushroom Soup	Soup of the day Chef Robert's Choice	Soup of the day Ramen Noodles Soup	Soup of the day Gazpacho Soup
	Main Option	Fire-Grilled Chicken Dina's Tzatziki Sauce Crispy Roast Potatoes Mediterranean Vegetables & (Suitable for Vegetarian) Spinach & Feta Puff Pastry	Korean-Style Beef Bulgogi Steamed Sticky Rice Baby Bok Choy & (Suitable for Vegan) Udon Noodle Stir-fry w/ Asian Green & Crispy Tofu	(Suitable for Vegetarian) W/Wheat Macaroni & Cheese Assorted Dinner Rolls Steamed Broccoli Florets & Miso Maple-Glazed Salmon w/ Wilted Spinach	(MSC Certified) Lemon Pepper Cod Dina's Tartar Sauce Potato Wedges & Petit Pois & (Suitable for Vegan) Baked Veggie Meatballs w/ Steamed Whole Grain Rice	Turkey Taco Corn Tortilla Shell w/ Avocado & All the fixings & (Suitable for Vegan) Panko Crusted Tofu Katsu w/ Curry Sauce & Napa Salad
	Deli Bar	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Roast Beef Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Pastrami Cheddar & Cream Cheese Egg Salad Vegetable Crudites Assortment of Bread & Bun	Build-your-own Turkey & Salami Cheddar & Cream Cheese Tuna Salad Vegetable Crudites Assortment of Bread & Bun
	Salad Bar	Create-your-own Romaine Heart & Arugula Rainbow Salad Toppings Soba Noodles Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings Artichoke Tomato Salad Fresh Cut Fruits	Create-your-own Arugula & Spinach Rainbow Salad Toppings Sama's Specialty Salad Fresh Cut Fruits	Create-your-own Iceberg & Mesclun Salad Rainbow Salad Toppings Country/Style Pasta Salad Fresh Cut Fruits	Create-your-own Romain Heart & Arugula Rainbow Salad Toppings Chickpeas, Wild Rice Salad Fresh Cut Fruits
	Dessert	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Fresh Fruit Baskets	Special Treat Friday

NOTE: Canadian milk and water are provided with every lunch