



Winter Menu 2024 Week One - BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House-made Soup	Chicken Noodle Soup	Minestrone Soup	Butternut Squash Soup	Italian Wedding Soup	Tortellini Soup
Entrée	Pork Char Siu with Ramen Noodle and Garlic Yu Choy	Halal Chicken Schnitzel with Herb Roasted Potato and Roasted Green Beans	Halal Beef Stir-Fry with Lo Mein Noodle and Sauteed Peppers and Onions	Halal BBQ Pulled Chicken with Potato Wedges and Creamy Coleslaw	Miso Glazed Salmon with Steamed Rice and Broccoli
Alternative Protein	Halal Chicken Char Siu	Halal Veal Schnitzel	Halal Chicken Stir-Fry	BBQ Pulled Pork	Halal Lemon and Herb Baked Turkey
Vegetarian Entrée	Beyond Beef Char Siu with Ramen Noodle and Garlic Yu Choy	Vegetable Patty with Herb Roasted Potato and Roasted Green Beans	Mixed Bean Stir-fry with Lo Mein Noodle and Sauteed Peppers and Onions	BBQ Mushroom with Potato Wedges and Creamy Coleslaw	Sauteed Mixed Vegetable with Steamed Rice and Broccoli
Sweet Treat	Honeydew	Watermelon	Sliced Oranges	Pineapple	Friday Fun Treat



*2% MILK, LACTOSE AND DAIRY FREE SERVED WITH ALL LUNCHES

*CHARCUTERIE OF VEGETABLES, SLICED MEAT, AND BREAD SERVED DAILY



Winter Menu 2024 Week Two – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House-made Soup	Chicken Noodle Soup	Minestrone Soup	Butternut Squash Soup	Italian Wedding Soup	Tortellini Soup
Entrée	Halal Beef Taco's with Rice, Buttered Corn, Tortilla Chips, Salsa and Sour Cream	Halal Chicken Souvlaki Bowl with Homemade Tzatziki, Lemon Rice, Glazed Carrots and Warm Pita Bread	Halal Beef Lasagna with Steamed Broccoli and Garlic Cheese Stick	Halal Turkey Pepperoni Pizza with Sweet Potato Fries and Peas	Halal Butter Chicken with Basmati Rice, Roasted Cauliflower and Naan Bread
Alternative Protein	Halal Ground Turkey	Pork Souvlaki	Halal Turkey Burger	Halal Grilled Chicken Breast	Vegetarian Chana Samosa
Vegetarian Entrée	Bean and Cheese Quesadilla with Rice, Buttered Corn, Tortilla Chips, Salsa and Sour Cream	Falafel with Hummus, Lemon Rice, Glazed Carrots and Warm Pita Bread	Spinach and Ricotta Lasagna with Steamed Broccoli and Garlic Cheese Stick	Vegetable and Cheese Pizza **Gluten and Dairy Options Available**	Chickpea Curry with Basmati Rice, Roasted Cauliflower and Naan Bread Vegetarian Samosa
Sweet Treat	Cantaloupe	Apple Wedges	Pineapple	Watermelon	Friday Fun Treat



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Winter Menu 2024 Week Three - BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House-made Soup	Chicken Noodle Soup	Minestrone Soup	Butternut Squash Soup	Italian Wedding Soup	Tortellini Soup
Entrée	Halal Beef Burger with Baked Potato Wedges and Coleslaw	Halal Chicken Shawarma with Steamed Rice, Cauliflower and Warm Pita	Halal Beef Mac and Cheese with Steamed Broccoli and Garlic Cheese Stick	BBQ Halal Chicken - Texas Style with Creamy Mashed Potatoes and Glazed Carrots	Fish Sticks with Sweet Potato Fries, Roasted Corn and house made Tartar Sauce
Alternative Protein	Halal Chicken Burger	Halal Beef Shawarma	Pork Sausages on a Bun	BBQ Pork	Halal Chicken Strips
Vegetarian Entrée	Black Bean Burger with Baked Potato Wedges and Coleslaw	Lentils and Tomatoes with Steamed Rice, Cauliflower, and Warm Pita	Mac and Cheese with Steamed Broccoli and Garlic Cheese Stick	BBQ Cauliflower and Chickpea Sauce with Creamy Mashed Potatoes and Glazed Carrots	Beyond Meat Sticks with Sweet Potato Fries, Roasted Corn and house-made Tartar Sauce
Sweet Treat	Pineapple	Honeydew	Sliced Apples	Tangerine Segments	Friday Fun Treat



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Winter Menu 2024 Week Four – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
House-made Soup	Chicken Noodle Soup	Minestrone Soup	Butternut Squash Soup	Italian Wedding Soup	Tortellini Soup
Entrée	Halal Korean Beef Bulgogi with Lo-Mein Noodle, Sauteed Cabbage and Carrots	Halal Adobo Chicken with Sticky Rice, Steamed Bok Choy with Balsamic Roasted Vegetable	Pork Ribs with Baked Potatoes Wedges and Roasted Cauliflower	Halal Beef Stroganoff with Egg Noodles and Steamed Broccoli	Halal Chicken Tenders with Curley Fries, Corn on the Cob
Alternative Protein	Halal Korean Chicken	Adobo Pork	Halal Beef Sliders	Halal Turkey Meatballs	Halal Beef Meatloaf
Vegetarian Entrée	Korean Tofu Bulgogi with Lo-Mein Noodle, Sauteed Cabbage and Carrots	Vegetarian Balls with Sticky Rice, Steamed Bok Choy with Balsamic Roasted Vegetable	Beyond Beef Burger with Baked Potatoes Wedges and Roasted Cauliflower	Vegetable Harvest Stew with Egg Noodles and Steamed Broccoli	Vegan Chicken Tenders with Curley Fries, Corn on the Cob
Sweet Treat	Honeydew	Watermelon	Sliced Oranges	Pineapple	Friday Fun Treat



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Winter Snack Menu 2024

Week One – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cheerios Apple Slices	Grilled Cheese Sticks Orange Slices	Whole Grain Cheerios Unsweetened Apple Sauce	Toasted English Muffin and WOW! Butter Bananas	Mango Yogurt Honeydew
Afternoon Snack	Edgar's Banana Bite Cantaloupe	Crispy Broccoli Cheese Rounds	Sweet From the Earth Carrot Muffin Honeydew	Frozen Yogurt Parfait Bars with Berries and Oats	Apple Sauce and Salten Crackers
Afterschool Program Snack	Chex Cereal Watermelon Cubes	Salten Whole Wheat Cracker and Cheese	Mixed Berry Smoothie with Spinach	Sliced Apples and Marble Cheese	Social Tea Biscuit and Apple Slices



*ALL CLASSROOMS WILL BE SUPPLIED WITH WHOLE FRUIT BOWL THROUGHOUT THE WEEK

*Colour Code according to Canada's Food Guide:

- Green= Fruits and Vegetables
- Orange = Grains and Cereals, Breads
- Blue = Milk and Dairy
- Red = Meat, Fish, Seeds, Protein

Winter Snack Menu 2024

Week Two – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Mango Yogurt Watermelon Cubes	Whole Wheat Buttered Toast Fresh Cubed Cantaloupe	Strawberry and Spinach Smoothie	Mini Whole Wheat Bagel Strawberry Cream Cheese	Mini Wheat Puffs Fruit Yogurt Bites
Afternoon Snack	Arrow Root Cookie Apple Sauce	Raspberry Fig Bar Pineapple	Spinach and Pesto Cheese Quesadilla	House Made Pea Fritters	Apple Slices Whole Wheat Salten Crackers
Afterschool Program Snack	Chex Cereal Banana	Mini-Wheat Vanilla Greek Yogurt	Ritz Crackers Sliced Oranges	Fresh Baked Corn Bread Marble Cheese	Apple Current Flat Pineapple



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Winter Snack Menu 2024

Week Three – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Blueberry Yogurt Bananas	Corn Flakes Apple Sauce	Cubes Cantaloupe Apple Currant Breakfast Flat	Mini Blueberry Muffin Cubed Honeydew	Whole Wheat Grilled Cheese Sticks
Afternoon Snack	Apple Sauce Ritz Crackers	Cucumber Coins Hummus	Marble Cheese Apple Slices	Apple Slices WOW! Butter	Snap Peas and Yogurt Dip
Afterschool Program Snack	Edgar's Banana Bite Blueberry, Strawberry, Raspberry Salad	Mini Rice Cakes Cream Cheese	Strawberry Shortcake Protein Bites Cantaloupe	House Made Apple Cinnamon Mini Crescent Rolls	Watermelon Fries with Coconut Lime Yogurt Dip



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Winter Snack Menu 2024

Week Four – BG2 and BG3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Vanilla Yogurt Fresh Cantaloupe	Pumpernickel Bread/Naan Bread Spinach Dip	Fruit Cloud Jellies Made with Yogurt, Fresh Fruit	Avocado Spread on Whole Wheat Toast	Rice Crispies with Blueberry Yogurt
Afternoon Snack	Assorted Pepper Sticks Baba Ghanoush Pita Triangles	Honeydew Arrow Root Cookie	Baked Apple Chips with Cinnamon WOW! Butter	Chex Cereal Banana	Zucchini Pizza Bites Cheese Slices
Afterschool Program Snack	Special K Bar Apples Slices	Banana Sushi Roll with WOW! Butter	Cubed Cheddar Cheese Whole Wheat Crackers	Carrot Loaf Blueberries	Mango Coconut Smoothie



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