



## FALL/WINTER MENU 2023

### Preschool - School Age Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Butter Chicken & Vegetables (cauliflower, chicken, *mixed bell pepper strips, onions, *peas, *sliced carrots) Whole Wheat Couscous Fresh Fruit	Extra Lean Beef Meatballs with Yummy Tomato Sauce Whole Wheat Rotini *Spring Mix Salad Fresh Fruit	Yummy Corn Chowder (cauliflower, *carrots, celery, corn, onions, potatoes, white beans) 9 Grain Bread Dill Dairy Free Spread Fresh Fruit	Baked Pollock Fish Wedge Garden Rice (*broccoli, brown rice, *green/red peppers, onions, *squash) Fresh Fruit	Turkey & Black Bean Taco Whole Wheat Tortilla *Lettuce with Purple Cabbage & *Carrots Fresh Fruit
<b>WEEK 2</b>	Egg & Veggie Stirfry (*broccoli, cabbage, *carrots, cauliflower, egg, *green/red/yellow pepper strips, onions, rice vermicelli) Fresh Fruit	Baked Haddock & Cod Fish Cakes Golden Vegetable Barley (barley, *carrots, celery, corn, onions, *spinach) Fresh Fruit	Tri Colour Cheese Tortellini w/ Pured Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Pumpkin Soup (*carrots, *green peas, orzo pasta, *pumpkin, white beans) Light Rye Bread Maple Dairy Free Spread Fresh Fruit	Baked Chicken Kafta w/Gravy Brown Rice *Green Salad Fresh Fruit
<b>WEEK 3</b>	Vegetarian Lazy Lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes) *Spring Mix Salad Fresh Fruit	Chicken Noodle Soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes) Whole Wheat Homestyle Bread Garlic Dairy Free Spread Fresh Fruit	Baked Pollock Fish Wedge Tomato Brown Rice *Green Salad Fresh Fruit	Baked Extra Lean Beef Burgers Whole Wheat Bun Mixed Vegetables (*carrots, *green and yellow beans) Fresh Fruit	Chicken Stroganoff with Pasta (chicken, corn, mushrooms, onions, parsley, pasta, *sliced carrots, *spinach) Fresh Fruit
<b>WEEK 4</b>	Extra Lean Beef Meatballs with Tomato Sauce Whole Wheat Bun Mixed Winter Blend Vegetables (*broccoli, cauliflower) Fresh Fruit	Chickpea Florentine (chickpeas, onions, pasta, *spinach) *Green Salad w/ Shredded Carrots Fresh Fruit	Minestrone Soup (cabbage, *carrots, celery, kidney beans, onions, pasta, *peas, potatoes, tomatoes) Whole Wheat Bread Dairy Free Spread Fresh Fruit	Chicken Vegetable Italiano (*carrots, celery, chicken breast strips, *green peppers, mushrooms, onions, *spinach) Vegetable Fusilli Pasta Fresh Fruit	Yummy Lentil Dahl Vegetable Rice (brown rice, *carrots, onions, *peas) Fresh Fruit

**Milk and/or Water are served with lunch**

- \* Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes