



SPRING/SUMMER MENU 2025

Sample Vegan Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Filipino Style Bean Pancit w/ Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chow mein noodles, kidney beans, *leeks) Fresh Fruit	Baked Veggie Tenders Whole Wheat Pita Pouch P.E.I Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Pasta with Red Pepper Lentil Sauce *Spring Mix Salad with Carrots Fresh Fruit	Baked Veggie Cutlet Whole Wheat Artisan Bun *Peas & Carrots Fresh Fruit	Dairy Free Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit
WEEK 2	Baked Vegan Bites Rainbow Couscous (corn, couscous, *green peppers, *kale, onions, red peppers) Fresh Fruit	Veggie Bean Taco Whole Wheat Tortilla *Green Salad w/ Purple Cabbage & Shredded Carrots Fresh Fruit	Baked Veggie Tenders Barley Vegetable Risotto (barley, corn, onions, mushrooms, *peas) Fresh Fruit	Falafel Balls with Roasted Red Pepper Sauce Ginger Brown Rice *Spring Mix Salad Fresh Fruit	Yummy Dairy Free Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit
WEEK 3	Baked Vegan Bites with Tomato Sauce Tomato Coconut Rice *Spring Mix Salad Fresh Fruit	Pasta with Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit	Baked Veggie Cutlet Whole Wheat Artisan Bun *Peas & Corn Fresh Fruit	Enchanted Garden Chickpeas (*broccoli, chickpeas, cauliflower, orange & yellow carrots, *romano beans) Vegetable Pasta Fresh Fruit	Rustic Summer Chili (black beans, carrots, corn, *green/red peppers, onions, squash, tvp, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit
WEEK 4	Baked Falafel Balls with Tomato Sauce Whole Wheat Bun Mixed Vegetables (*broccoli, carrots, cauliflower) Fresh Fruit	Zesty Lemon Chickpea Medley (*broccoli, chickpeas, eggplant, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit	Pasta Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	TASTE TEST THURSDAYS! (Please see posting at centre to see what's cooking!)	Sweet Potato & White Bean Mac & Cheese *Green Salad Fresh Fruit

Milk and/or Water are served with lunch

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- 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