



# Menu Ingredients List - Local Restaurants - School Lunch Program

<i>Week 1</i>	<i>Menu Items</i>	<i>Ingredients</i>
Monday	<b>SPAGHETTI IN MEAT SAUCE</b>	Tomatoes, ground pork, spaghetti, onions, carrots, green cabbage, turnip, lentils, tomato paste, cheddar cheese, vegetable oil, oregano, basil, sugar, salt, garlic powder, onion powder, pepper
	<b>SPAGHETTI IN TOMATO VEG. SAUCE</b>	Tomatoes, spaghetti, onions carrots, green cabbage, turnip, lentils, tomato paste, sugar, vegetable oil, salt, oregano, basil, garlic powder, onion powder, pepper
Tuesday	<b>FISH AND POTATO CHOWDER</b>	Potatoes, 2% milk, haddock, onion, carrots, celery, butter, cornstarch, parsley, salt, pepper
	<b>HUMMUS, PITA AND VEG BOX</b>	Hummus(chick peas, lemon juice, canola oil, garlic, cumin, salt), carrots, celery, pita bread
Wednesday	<b>CHICKEN POT PIE</b>	2% milk, chicken, potatoes, carrots, onion, mushrooms, green peas, cornstarch, canola oil, garlic powder, onion powder, nutmeg, thyme, salt, pepper,
	<b>VEGETABLE POT PIE</b>	Soy milk, potatoes, carrots, onions, green peas, sweet potatoes, mushrooms, dairy free margarine, cornstarch, salt, garlic powder, onion powder, nutmeg, thyme, pepper
Thursday	<b>GREEK PASTA SALAD</b>	Fusilli pasta, tomatoes, cucumbers, feta cheese, black olives, red onion, canola oil, red wine vinegar, lemon juice, garlic, oregano, salt, sugar, pepper
	<b>VEGAN GREEK PASTA SALAD</b>	Fusilli pasta, tomatoes, cucumbers, black beans, black olives, red onion, canola oil, red wine vinegar, lemon juice, garlic, oregano, salt, sugar, pepper
Friday	<b>BEEF BURGERS</b>	Lean ground beef, hamburger bun, , tomato, cucumber, lettuce, ketchup(packet), salt, black pepper, garlic powder, onion powder
	<b>BLACK BEAN BURGERS</b>	black beans, mushrooms, brown rice, onion, rice flour, hamburger bun, carrot, lettuce, tomato, cucumber, ketchup(packet), canola oil, paprika, parsley, cumin, garlic powder, salt, pepper
<i>Week 2</i>	<i>Menu Items</i>	<i>Ingredients</i>
Monday	<b>INDIAN BUTTER CHICKEN WITH VEGETABLE RICE</b>	Chicken, crushed tomatoes onions, long grain brown rice, coconut milk, carrots, celery, garam masala, cornstarch, canola oil, salt, garlic powder, dry ginger, chili powder, cumin, turmeric, dry parsley
	<b>VEGETABLE AND CHICK PEA CURRY WITH VEGETABLE RICE</b>	crushed tomatoes, cauliflower, chick peas, long grain brown rice, cabbage, onions, coconut milk, carrots, celery, canola oil, cornstarch, garam masala salt, garlic powder, dry ginger, chili powder, cumin, turmeric, dry parsley
Tuesday	<b>SHEPHERD'S PIE WITH BEEF</b>	Ground beef, potato, carrot, corn, onion, mushroom, 2 % milk, cornstarch, salt, pepper, onion powder, garlic powder, dried parsley
	<b>VEGETARIAN SHEPHERD'S PIE</b>	Potato, rutabaga, carrot, mushroom, onion, green peas, lentils, tomato paste, soy milk, margarine, vegetable oil, onion powder, salt, pepper
Wednesday	<b>PULLED PORK BAKED POTATOES</b>	Potato, pork shoulder, cheddar cheese, green onion, apple juice from concentrate, ketchup, mustard, honey, brown sugar, canola oil, onion powder, garlic powder, paprika, salt, pepper, cumin
	<b>VEGETABLE CHILI BAKED POTATOES</b>	Potato, black beans, tomatoes, onion red peppers, celery, carrots, green onions, tomato paste, chili powder, canola oil, onion powder, garlic powder, paprika, salt, pepper, dried oregano,
Thursday	<b>AUTUMN CHICKEN SALAD</b>	Chicken, apple, carrot, quinoa, red peppers, celery, yogurt, mayonnaise, lettuce, dried cranberries, canola oil, dried thyme, cinnamon, cumin, salt, pepper
	<b>AUTUMN VEGETABLE SALAD WITH SWEET POTATO</b>	Sweet potato, apple, quinoa, carrot, celery, red peppers, lettuce, dried cranberries, chickpeas, lemon juice, garlic, canola oil, paprika, dried thyme, cinnamon, cumin, salt, pepper
Friday	<b>MEXICAN TACO BOWL</b>	Ground beef, lettuce, cucumber, tomatoes, cheddar cheese, salsa, brown rice, sweetcorn, black beans, green onion, tomato paste, chili powder, cumin, dried oregano, onion powder
	<b>VEGETARIAN TACO BOWL</b>	Black beans, lettuce, cucumber, tomatoes, brown rice, salsa, sweetcorn, green onion, tomato paste, chili powder, cumin, dried oregano, onion powder, salt, pepper

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