



# Menu Ingredients List - In House Food Service - School Lunch Program

<b>Week 1</b>	<b>Menu Items</b>	<b>Ingredients</b>
Monday	<b>FISH AND POTATO CHOWDER</b>	Potatoes, 2% milk, haddock, onion, carrots, celery, butter, cornstarch, parsley, salt, pepper
	<b>HUMMUS VEGGIE PITA BOX</b>	Hummus(chick peas, lemon juice, canola oil, garlic, cumin, salt), carrots, celery, pita bread
	<b>PULLED PORK SANDWICH</b>	Pulled pork (pork shoulder, apple juice, ketchup, mustard, honey, brown sugar, salt, pepper, paprika, cumin, onion powder, garlic powder), hamburger bun, lettuce, carrot sticks, celery sticks
Tuesday	<b>SHEPHERD'S PIE</b>	Ground beef, potato, carrot, corn, onion, mushroom, 2 % milk, cornstarch, salt, pepper, onion powder, garlic powder, dried parsley
	<b>VEGAN 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>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>VEGGIE 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
	<b>GRILLED CHEESE SANDWICH</b>	Whole wheat bread, cheddar cheese, margarine, ketchup, carrot sticks, celery sticks
Thursday	<b>BAKED POTATOES WITH PULLED PORK</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>BAKED POTATOES WITH VEG CHILI</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,
Friday	<b>MARGARITA PIZZA</b>	Wheat flour, mozzarella, tomatoes, onion, carrot, cabbage, rutabaga, lentils, tomato paste, yeast, salt, pepper, dried oregano, dried basil, garlic powder, onion powder
	<b>TURKEY TACO PIZZA</b>	Wheat flour, ground turkey, mozzarella, tomatoes, onion, carrot, cabbage, rutabaga, lentils, tomato paste, salsa, red peppers, yeast, salt, pepper, chili powder, dried oregano, dried basil, garlic powder, onion powder, cumin
<b>Week 2</b>	<b>Menu Items</b>	<b>Ingredients</b>
Monday	<b>SPAGHETTI BOLOGNAISE</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>VEGGIE SPAGHETTI BOLOGNAISE</b>	Tomatoes, spaghetti, onions carrots, green cabbage, turnip, lentils, tomato paste, sugar, vegetable oil, salt, oregano, basil, garlic powder, onion powder, pepper
Tuesday	<b>PEI BEEF BURGER</b>	Lean ground beef, hamburger bun, , tomato, cucumber, lettuce, ketchup(packet), salt, black pepper, garlic powder, onion powder
	<b>BLACK BEAN BURGER</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
Wednesday	<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 VEGGIE SALAD</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
	<b>ROAST TURKEY PITA WRAP</b>	Turkey breast, cheddar cheese, pita bread, lettuce, mayonnaise, salt, pepper, carrot sticks, celery sticks
Thursday	<b>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>VEGGIE 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
	<b>CHICKEN RANCH WRAP</b>	Chicken, lettuce, flour tortilla, ranch dressing, carrot sticks, celery sticks
Friday	<b>MARGARITA PIZZA</b>	Wheat flour, mozzarella, tomatoes, onion, carrot, cabbage, rutabaga, lentils, tomato paste, yeast, salt, pepper, dried oregano, dried basil, garlic powder, onion powder
	<b>PULLED PORK PIZZA</b>	Wheat flour, pork shoulder mozzarella, tomatoes, onion, carrot, cabbage, rutabaga, lentils, tomato paste, brown sugar, ketchup, mustard, honey, yeast, salt, pepper, dried oregano, dried basil, garlic powder, onion powder, paprika

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