

 LAUREMONT SCHOOL		Monday		Tuesday		Wednesday		Thursday		Friday	
Lunch - WEEK 1	Featuring:					Classic Comfort		Noodle		Fun Day Friday	
	Main		Butter Chicken, Steamed Basmati Rice and Turmeric Cauliflower		Pulled Beef Taco, Seasoned Brown Rice, Tangy Coleslaw		Haddock Fillets, Oven Baked Potato Fries, Tartar Sauce and Garlic Peas		Spicy Pork Sausage Arrabbiata Rotini and Truffled Green Beans		Cheese and Potato Perogy Poutine with Roasted Broccoli
	Veggie Option		Spinach Lentil Masala		Quinoa and Black Bean Taco		Veggie Nuggets		Arrabbiata Rotini		Cheese and Potato Perogy Poutine
	Fun Addition		Cilantro Garlic Naan		Cinnamon Roasted Churros		Tea Biscuits		Garlic Toast		Molasses Sparkle Ginger Cookies
	Sandwich		Curried Egg Salad with Lettuce on Multigrain		Torta Milanese		Roast Beef and Cheddar on Rye		Everything Bagel, Tuna Salad, Lettuce, Tomato, Red Onion, Dill		Classic Canadian Corned Beef Reuben Sandwich
	Salad	Plant Forward Creations Composed Daily									
			Spicy Chickpea, Cucumber, Mint and Tomato Salad		Avocado, Arugula, Peppers and Sweet Corn Salad		Crushed Potato Salad with Green onions, Pickles and Capers		Lentil, Artichoke, Parsley, Red Onion Salad with Balsamic Vinaigrette		The Great Canadian Salad
	Soup	Hand Crafted One Meat One Vegetarian, From Scratch, Every Day									

*Allergen Note: We are a peanut and nut aware kitchen. Please speak directly to our trained Manager/Chef in regards to any special food considerations and Allergies.
"No Gluten" items may come in cross-contamination with wheat during preparation.