BRANKSOME HALL

Junior School Week 1 & 2 Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	**Citrus Herb Chicken** Roasted Broccoli Paprika Roasted Potatoes	**Oregano, Garlic and Spiced Beef and Pita** Lemon Herb Rice Green Beans Warm Pita	**Pesto Tossed Gemelli with** **Optional Garlic Alfredo** Served with a Warm Cheddar and Chive Buttered Biscuit	**Battered Haddock** Quinoa and Brown Rice Shredded Kale with Green Goddess Dressing	**Island Chicken Sliders** Crispy Chicken, Sweet and Sour Pineapple sauce, Lettuce Potato Slider Bun Sweet Potato Wedges Corn
Vegetarian Alternative	Plant Based Soy Tenders	Greek Spiced Ground Soy	Same as Hot Entrée	Veggie "Faux Phish"	Vegetable Burger
Gluten Free Alternative	Same as Above	GF Tortilla Shells	GF Pasta and GF Bread	Same as Above	GF Chicken and Bun
Condiments	Soy Sauce, Ketchup	Soy Sauce, Ketchup	Parmesan Cheese	Ketchup, Tartar, Mayo	Soy Sauce, Ketchup
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Daily Crudité & Fresh Fruit *Grade 3-6 AWC Salad Bar	Turkey Sandwich Cucumber Coin Celery Stick Cheese String Sliced Oranges	Strawberry Jam Sand. Sliced Peppers Carrots Sliced Cheddar Diced Melon	Cream Cheese Pinwheel Cucumber Rings Boiled Egg Blueberries	Cheese Sand. Cherry Tomato Baby Corn Diced Mozza Pineapple	Soy Butter Sand. Carrot Cucumber Stick Cheese Triangle Apple Slices
Daily Indulgence	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fun Friday Alternating Sweet Treat

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	**Maple BBQ Chicken** Baked Potato Quarters Garlic Green Beans	**Potato and Three Cheese Pierogi** Served with Sautéed Onions and Crispy Bacon Pieces,	**Cavatappi Pasta** Beef Bolognese or Marinara Sauce Garlic Toast	**Junior School Pizza Day!!!** Cheese or Halal Beef Pepperoni Pizza's Caesar Salad	**Roasted Salmon** Parisienne Potatoes with Olive Oil & Herbs Roasted Broccoli
Vegetarian Alternative	Lightly Spiced Soy Nuggets	Same as above (No Bacon)	Cavatappi Marinara	Vegetarian Pizza	Veggie "Faux Phish"
Gluten Free Alternative	Same as above	GF/Vegan Perogy	GF Pasta and GF Bread	GF Pizza	Same as Hot Entrée
Condiments	Soy Sauce, Ketchup	Sour Cream	Parmesan Cheese	N/A for Lunch Option	Ketchup, Lemon
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Crudité & Fruit *Grade 3-6 AWC Salad Bar	Turkey Sandwich Cucumber Coin Celery Stick Cheese String Sliced Oranges	Strawberry Jam Sand. Sliced Peppers Carrots Sliced Cheddar Diced Melon	Cream Cheese Pinwheel Cucumber Rings Boiled Egg Blueberries	Cheese Sand. Cherry Tomato Baby Corn Diced Mozza Pineapple	Soy Butter Sand. Carrot Cucumber Stick Cheese Triangle Apple Slices
Daily Indulgence	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fresh Fruit for the Sweet Tooth	Fun Friday Alternating Sweet Treat

All Junior School meals are portioned age appropriately. Water or milk options are offered at each meal. We include local, organic and scratch made ingredients when possible.
We will provide alternatives for most common allergens and dietary restrictions. Although we make effort to provide options free of allergens to those people who require alternative meals, we cannot guarantee that the alternative items had not come into cross-contact with allergens during preparation or storage.
For any questions, please contact Julie Trudeau (jtrudeau@branksome.on.ca)

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BRANKSOME HALL

Junior School Week 3 & 4 Menu

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	**Butter Chicken** Basmati Rice Steamed Peas Mini Naan	**Loaded Beef and Corn Chili** Beef with Black Beans, Onions and Tomatoes Warm Corn Crispy Tri color Tortilla Strips	**Creamy Garlic and Shells and Cheese** Pasta Shells with Creamy Alfredo and Cheese Green Peas Garlic Breadstick	**Oven Baked Crunch Supreme Chicken Tenders** Roasted Baby Potatoes Sunshine Multi Color Carrots	**Coconut Curry Halal Beef Meatballs** Lime Scented Whole Grain and Jasmine Rice Blend Cauliflower
Vegetarian Alternative	Mild Curried Tofu	Vegetable and Bean Chili	Same as Hot Entrée	Crispy Soy Tender	Vegetarian Soy Protein "Meatball"
Gluten Free Alternative	GF Naan Alternative	Same as Above	Substitute to GF Pasta	GF Chicken Nugget	Substitute to GF Meatball
Condiments	Soy Sauce, Ketchup	Shredded Cheese, Sour Cream, Salsa	Parmesan Cheese	Ketchup, Plum Sauce, Honeydill	Ketchup, Soy Sauce Tartar
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Daily Crudité & Fresh Fruit *Grade 3-6 AWC Salad Bar	Cream Cheese Pinwheel Cucumber Coin Celery Stick Cheese String Sliced Oranges	Strawberry Jam Sand. Sliced Peppers Carrots Sliced Cheddar Diced Melon	Turkey Sandwich Cucumber Rings Boiled Egg Blueberries	Cheese Sand. Cherry Tomato Baby Corn Diced Mozza Pineapple	Soy Butter Sand. Carrot Cucumber Stick Cheese Triangle Apple Slices
Daily Indulgence	Strawberry Banana or Vanilla Yogurt Tube	Fresh Fruit for the Sweet Tooth	Made Good Soft Baked Cookie	Fresh Fruit for the Sweet Tooth	Chocolate Zucchini Loaf

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Junior School Hot Entrée	**Honey Garlic Rice Bowl** Honey Garlic Chicken Pieces Brown Rice Steamed Edamame Beans	**Braised Beef & Mushroom Gravy** Garlic Mashed Potatoes Roasted Broccoli	**Creamy Tuscan Penne** Sun-Dried Tomato Garlic Parmesan Sauce Garlic Toast	**Chicken Skewers** Paprika Roasted Baby Potatoes Steamed Green Beans	**Oven Roasted Teriyaki Salmon** Quinoa and Jasmine Rice Niagara Vegetables
Vegetarian Alternative	Honey Garlic Tofu	Vegetable and Bean Stew	Same as Hot Entrée	Vegetarian Tofu Skewer	Teriyaki Soy "Phish"
Gluten Free Alternative	No Honey Garlic Sauce	Same as Above	Substitute to GF Pasta	Same as above	GF Bread Substitute
Condiments	N/A for Lunch Option	Ketchup	Parmesan Cheese	Ketchup	N/A for Lunch Option
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
JK – Grade 2 Daily Crudité & Fresh Fruit *Grade 3-6 AWC Salad Bar	Turkey Sandwich Cucumber Coin Celery Stick Cheese String Sliced Oranges	Strawberry Jam Sand. Sliced Peppers Carrots Sliced Cheddar Diced Melon	Cream Cheese Pinwheel Cucumber Rings Boiled Egg Blueberries	Cheese Sand. Cherry Tomato Baby Corn Diced Mozza Pineapple	Soy Butter Sand. Carrot Cucumber Stick Cheese Triangle Apple Slices
Daily Indulgence	Assorted Healthy Crunch Snack	Fresh Fruit for the Sweet Tooth	Chocolate Milk	Fresh Fruit for the Sweet Tooth	Banana Choc Chip Sheet Cake Bites

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