



JUNIOR SCHOOL SAMPLE MENU

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1	Roasted honey-mustard chicken wings + Vegetable sticks and dip	Stir-fried chicken and vegetables w/ noodles	100% lean ground beef burger on a whole wheat bun + Side salad	Whole wheat rotini pasta w/ meat sauce (enriched w/ vegetable puree) + Side salad	Grilled cheese sandwich on whole wheat bread + Side salad
2	Teriyaki beef noodles w/ vegetables	Breaded roasted chicken w/ roasted cheese potatoes and carrot flowers	Whole wheat mac & cheese w/ cauliflower puree + Vegetable sticks and dip	Chicken pot pie + Side salad	Whole wheat turkey bunwich + Soup
3	Spaghetti & meat sauce (enriched w/ vegetable puree)	Stir-fried chicken and vegetables w/ rice	100% beef sausage w/ whole wheat bun + Soup	Stir-fried beef and vegetables w/ rice	Chicken souvlaki w/tortilla
4	Beef Pie	Baked breaded turkey w/ baked potatoes and vegetables	Penne pasta w/ tomato sauce (enriched w/ vegetable puree) + Soup	Chicken pizza + Side salad	Ham and cheese sandwich + Vegetable sticks and dip

Meal plan includes: Morning snack + LUNCH + 1 beverage (juice or milk offered daily, chocolate milk offered twice a week) + Afternoon snack (fruit, once a week a baked treat)

The cafeteria will also offer a variety of freshly prepared breakfast, snack and à la carte lunch items: yogurt parfait, cereal/granola, fresh fruit, bagels, multigrain breads, omelets, scrambled eggs, English muffins, low fat muffins, fruit cake, sandwiches, wraps, salad bar, soup, baked treat once a week (cookie, cinnamon roll or croissant).

Elmwood's cafeteria is an eco-friendly, vegetarian-friendly and nut-free facility. We welcome your feedback and questions, and are happy to help address any food allergies or other dietary concerns. Please call Chef Livia at (613) 749-6761 x.233 or email loliveira@elmwood.ca.