

****Beef Burger****

- MacGregors School Beef Burgers-Fully Cooked

- Ingredients: Beef, water, toasted wheat crumbs, soy protein, salt, flavour, onion powder, spice.

- Allergens: SOY, WHEAT

- Dempster's hamburger buns

- Ingredients: Enriched wheat flour, Water, Sugar, Yeast*, Vegetable oil (canola or soybean), Salt, Wheat gluten*, Vinegar, Calcium propionate, Soybean lecithin, Sorbic acid.

- Allergens: May contain Sesame seeds.

****Beef Taco****

- Eastern Lean Ground Beef

- Ingredients: 100% beef.

- Leadbetter Foods Lean Ground Beef

- Ingredients: 100% beef.

- Sonora Whole Wheat Flour Tortilla

- Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).

- Allergens: Wheat, Gluten

- Sonora White Flour Tortilla

- Ingredients: Wheat Flour, Water, Canola/ Modified Palm Oil Shortening, Mono-diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (vegetable sourced).

- Allergens: Wheat, Gluten

****Saputo Shredded Mozza Cheese****

- Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

****Taco Seasoning****

- Ingredients: Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour.
Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).

****Pur ed Vegetables****

- Ingredients: Carrots, red peppers, green peppers, onions, celery, and Spinach

****Chili Sauce****

- Ingredients: Tomato Puree (Tomato Paste, Water), Distilled White Vinegar, High Fructose Corn Syrup, Salt, Corn Syrup, Dehydrated Onions, Spice, Garlic Powder, Natural Flavoring.

****Breakfast Turkey Patties – Fully Cooked - FROZEN****

- Ingredients: Turkey, Water, Rice flour, Salt, Sugars (sugar, dextrose), Spices, Rice starch, Mono & diglycerides, Rice concentrate, Spice extracts, Silicon dioxide, Canola and/or sunflower oil, Natural flavour, Yeast

****Caesar Salad****

- Iceberg Lettuce

- Ingredients: Lettuce.

- Saputo Seasoned Croutons

- Ingredients: Toasted wheat crumbs, high monosaturated canola oil, sugar, garlic powder, salt, onion powder, grated parmesan cheese (milk), hydrolyzed soy and corn protein with caramel, dehydrated parsley, citric acid, flavor, color, spices.

- Allergens: Milk, Soy, Wheat

- Hellman's Classic Caesar

- Ingredients: Water, soybean oil, parmesan cheese, liquid whole egg & egg yolk, vinegar, dijon mustard, corn syrup, garlic & onion powder, salt, potassium chloride, concentrated lemon juice, modified corn starch, anchovies, xanthan gum, phosphoric acid, fumaric acid, sorbic acid, spices, propylene glycol alginate, mustard flour, Worcestershire sauce, sugar, soy flour, natural flavour, disodium guanylate, disodium inosinate, calcium disodium edta.

- Allergens: Milk, Mustard, Egg, Anchovy, Soy

****Saputo Grated Parmesan Cheese****

- Ingredients: Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.

****Carrot Coins****

- Ingredients: Carrots

****Cheeseburger****

- MacGregors School Beef Burgers-Fully Cooked

- Ingredients: Beef, water, toasted wheat crumbs, soy protein, salt, flavour, onion powder, spice.

- Dempster's hamburger buns

- Ingredients: Enriched wheat flour, Water, Sugar, Yeast*, Vegetable oil (canola or soybean), Salt, Wheat gluten*, Vinegar, Calcium propionate, Soybean lecithin, Sorbic acid.

- Saputo Shredded Cheddar Cheese

- Ingredients: Pasteurized milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, colour, cellulose, natamycin.

****Cheese Pizza****

- Pizza Crust

- Ingredients: ENRICHED UNBLEACHED WHEAT FLOUR, WATER, YEAST, SUGAR, PARTIALLY HYDROGENATED SOYABEAN AND COTTONSEED OILS, SALT, GUAR GUM, L-CYSTEINE HYDROCHLORIDE, ENZYMES.

- Allergens: Wheat

- Italpasta Pizza Sauce

- Ingredients: Crushed tomatoes, water, Modified corn starch, sugar, salt, spices, garlic powder, citric acid

- Veggie Puree

- Ingredients: Carrot, celery, onions, red pepper, green pepper, spinach

- Saputo Shredded Mozza Cheese

- Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

****Chicken Caesar Wrap****

- Olymel Chicken Breast - Cooked diced chicken ½ inch 100% white meat

- MAY CONTAIN: EGGS

- Sonora Whole Wheat Flour Tortilla

- Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).

- Allergens: Wheat, Gluten

- Sonora White Flour Tortilla

- Ingredients: Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono–diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).

- Allergens: Wheat, Gluten

- Iceberg lettuce

- Ingredients: Lettuce.

- Hell

man's Caesar

- Ingredients: Water, corn maltodextrin, soybean oil, vinegar, sugar, salt, modified corn starch, parmesan cheese, liquid whole eggs, liquid yolk, torcula yeast, dried garlic, potassium chloride, spice, potassium sorbate, xanthan gum, anchovy paste, fumaric acid, colour, phosphoric acid, natural flavour, propylene glycol alginate, calcium disodium edta.

- Allergens: Milk, Egg, Anchovy, Soy, Mustard

- Saputo Grated Parmesan Cheese

- Ingredients: Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.

****Chicken Fajita****

- Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat

- MAY CONTAIN: EGGS

- Puréed Vegetables

- Ingredients: Carrots, red peppers, green peppers, onions, and celery and spinach

- Sonora Whole Wheat Flour Tortilla

- Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).

- Allergens: Wheat, Gluten

- Sonora White Flour Tortilla

- Ingredients: Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono–diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).

- Allergens: Wheat, Gluten

- Mexicasa Mild Salsa

- Ingredients: Tomatoes, tomato juice, vinegar, Onion#, jalapeno peppers, salt, sodium benzoate, cilantro#, acetic acid, spice extract, citric acid garlic, parsley#, calcium chloride, # dehydrated.

- Taco Seasoning

- Ingredients: Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).

****Chicken Penne Alfredo****

- Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat

- MAY CONTAIN: EGGS

- Italpasta Penne Reigate

- Ingredients: Durum Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate

- Italpasta Whole Wheat Penne Pasta

- Ingredients: Durum Whole Wheat semolina, niacin, folic acid, ferrous sulfate, riboflavin, thiamine mononitrate

- Saputo Shredded Mozza Cheese

- Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

- Saputo Grated Parmesan Cheese

- Ingredients: Modified milk ingredients, sugars (lactose), salt, bacterial culture, calcium chloride, Rennet and/or microbial enzyme, lipase, disodium phosphate, sodium citrate.

- Knorr Culinary Cream Base

- Ingredients: Modified Corn Starch, Palm oil & Shortening, Maltodextrin, Buttermilk Powder, Sugar, Salt, Yeast Extract, Soybean Oil, Potassium Chloride, Onion Powder, Natural Flavour, Disodium Inosinate, Disodium Guanylate, spice.

- Spices

- Ingredients: Onion Powder, Garlic powder, salt

****Chicken Quesadilla****

- Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat

- MAY CONTAIN: EGGS

- Puréed Vegetables

- Ingredients: Carrots, red peppers, green peppers, onions, and celery and spinach

- Saputo Shredded Mozza Cheese

- Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

- Whole wheat Flour Tortilla

- Ingredients: Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced).

- Allergens: Wheat, Gluten

- White Flour Tortilla

- Ingredients: Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono–diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced).

- Allergens: Wheat, Gluten

- Schools using White Flour Tortilla only: LEARYS BROOK, CLARENVILLE MIDDLE SCHOOL, CLARENVILLE HIGH SCHOOL, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S (GANDER)

****Chicken Ranch Flatbread****

- Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat

- MAY CONTAIN: EGGS

- Richs Oval Flatbread 12"x5".0(48's)

- Ingredients: ENRICHED UNBLEACHED WHEAT FLOUR, WATER, WHOLE GRAIN WHOLE WHEAT FLOUR, SOYBEAN OIL, YEAST, SKIM MILK POWDER, SUGAR, OLIVE OIL, SALT, DRY SOURDOUGH OF RYE, WHEAT STARCH, ENZYMES.

- Allergens: Wheat, Milk

- MAY CONTAIN: Soy and Sesame

- Saputo Shredded Mozza Cheese

- Ingredients: Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin.

- Hellmann's Classic Ranch Dressing

- Ingredients: Water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium edta.

- Allergens: SOY

- Hellmann's Mayo Lite

- Ingredients: WATER, CANOLA OIL, MODIFIED CORN & POTATO STARCH, LI

QUID WHOLE EGG, SUGAR, SALT, VINEGAR, CONCENTRATED LEMON JUICE, SORBIC ACID, SPICES, NATURAL COLOUR, NATURAL FLAVOUR, CALCIUM DISODIUM EDTA.

- Allergens: EGG

****Creamy Pasta Salad****

- Italpasta Rotini

- Itaipasta Whole Wheat Rotini Noodle
- Hellmann's Classic Ranch Dressing
 - Contains: Soy
- Hellmann's Mayo Lite
 - Contains: Egg
- Fresh Tomatoes
- Spices: Pepper, Onion powder
- Puréed Vegetables
 - Carrot, celery, onions, red pepper, green pepper, spinach

****Fiesta Pasta Salad****

- Itaipasta Veg. Fusilli Tri-Color
 - Contains: Wheat
 - May contain: Eggs
- Taco Seasoning
- Hellmann's Mayo Lite
 - Contains: Egg
- Mexicasa Mild Salsa
- Tomatoes
- Corn

****Fruit Cocktail (Pantry Shelf)****

- Diced Peaches, Diced Pears, Water, Grapes, Pineapple segments, sugar, cherries artificially coloured red. Citric Acid, Ascorbic Acid

****Garlic Naan Bread****

- Richs Oval Flatbread 12"x5"
 - Contains: Wheat, Milk
 - May contain: Soy and Sesame

- Becel Margarine

****Garden Salad****

- Iceberg Lettuce

- Carrot

- Broccoli

- Tomato

- Hellmann's Light Italian Dressing

 - Contains: Milk, Mustard

- Hellman's Classic Italian Dressing

****Garden Salad with microgreens from Green Farm NL****

- Iceberg Lettuce Chopped

- Microgreen blend: broccoli, mustard, arugula, sunflower, and radish

- Carrot

- Broccoli

- Tomato

- Hellmann's Light Italian Dressing

 - Contains: Milk, Mustard

****Grilled Cheese Sandwich****

- Dempster's Thick Slice White Bread

 - May contain: Sesame seeds

- Dempster's Thick Slice Whole Wheat Bread

 - May contain: Sesame seeds

- Becel Margarine

- Saputo Shredded Cheddar Cheese

****Goulash****

- Eastern Lean Ground Beef
- Itaipasta Macaroni Elbow
- Itaipasta Whole Wheat Macaroni Elbow
- Itaipasta Diced Tomatoes
- Itaipasta Spaghetti Sauce
- Puréed Vegetables
 - Carrots, red peppers, green peppers, onions, celery, spinach

****Honey Garlic Meatballs****

- MacGregors Cooked Meatballs
 - Allergens: Soy, Wheat
- Honey Garlic Sauce
 - Contains: Soy, Wheat

****Ketchup Portions (Menu Brand)****

- Tomato paste, sugar/glucose-fructose, water, white vinegar, salt, seasoning.

****Lasagna Bake****

- Itaipasta Mafalda
- Eastern Lean Ground Beef
- Leadbetter Foods Lean Ground Beef
- Itaipasta Spaghetti Sauce
- Itaipasta Diced Tomatoes
- Puréed Vegetables
 - Carrots, red peppers, green peppers, onions, celery, spinach
- Saputo Shredded Mozza Cheese
- Spices: Italian seasoning, salt, pepper, garlic powder

****Macaroni & Cheese****

- Trio Cheese Sauce
 - Contains: Sesame, Wheat, Sulphites, Milk, Soy, Mustard
- Itaipasta Macaroni Elbow
- Itaipasta Whole Wheat Macaroni Elbow
- Saputo Shredded Cheddar Cheese

****Mediterranean Orzo****

- Itaipasta Orzo
- Hellmann's Light Italian Dressing
 - Contains: Milk, Mustard
- Hellman's Classic Italian Dressing
- Cucumber
- Tomatoes

****Mixed Vegetables****

- Cauliflower, broccoli, and carrots

****Pasta & Marinara Sauce****

- Itaipasta Spaghetti Sauce
- Itaipasta Diced Tomatoes
- Veggie Puree
 - Carrot, celery, onions, red pepper, green pepper, spinach
- Spices: Italian seasoning, garlic powder, salt, pepper
- Itaipasta Whole Wheat Rotini Noodle
- Itaipasta Rotini

****Pasta and Meatballs****

- Itaipasta Spaghetti Sauce
- Itaipasta Whole Wheat Rotini Noodle

- Italpasta Rotini
- MacGregors Cooked Meatballs
 - Allergens: Soy, Wheat
- Veggie Puree
 - Carrot, celery, onions, red pepper, green pepper, spinach
- Spices: Italian seasoning, garlic powder, salt, pepper

****Peaches Diced (Pantry Shelf)****

- Peaches, water, sugar, citric acid, ascorbic acid

****Pears Diced (Pantry Shelf)****

- Pears, water, sugar

****Pineapple Tidbits (Pantry Shelf)****

- Pineapple, Pineapple Juice, and citric acid

****Sweet & Sour Meatballs****

- MacGregors Cooked Meatballs
 - Contains: Soy, Wheat
- ED Smith Sweet & Sour
 - Contains: Soy, Wheat

****Tossed Salad****

- Iceberg Lettuce
- Hellmann's Classic Ranch Dressing
 - Contains: Soy
- Saputo Shredded Cheddar Cheese
- Cucumber
- Tomato

****Tropical Fruit Salad (Pantry Shelf)****

- Pineapple, red papaya, yellow papaya, guava, water, sugar, passion fruit, citric acid.

****Kellogg's Pancakes****

- WATER, WHEAT FLOUR (BARLEY), GLUCOSE-FRUCTOSE, VEGETABLE OIL, BAKING POWDER, SALT, DRIED WHOLE EGG, MILK INGREDIENTS.

- Contains: Wheat, Barley, Egg, and Milk Ingredients

****Kellogg's Waffles****

- Kellogg's Eggo Waffle Reg

- Contains: Wheat, Egg, Milk, Soy

****Whole Grain Rice****

- Uncle Ben's Whole Grain Brown Rice

- Contains: Wheat, Soy, Mustard

Please note the allergen information and specific ingredients mentioned for each item. If you have any dietary restrictions or allergies, be sure to consider this information when selecting your meal.