



Multicultural Menu 2020-2021

| Day 20 | 05-Feb-21 | 05-Mar-21 | 02-Apr-21 | 30-Apr-21 | 28-May-21 |
|--------------------------------|--|--|---|---|--|
| Theme | Spain | Canada / Quebec | United States | Hungary | Asia |
| Lunch | Paella Saffron rice | Two meat pie Salad and house dressing | Texan meatloaf Vegetable puree | Hungarian Chicken Stir-Fry Rotini | Cantonese beef and rice |
| Lunch - Ingredients | Chicken, onion, red and green peppers, green peas, tomato, chicken broth (corn, celery, garlic), saffron, garlic, salt, pepper, smoked paprika White rice, saffron | Veal, beef, onion, Pie crust (wheat flour (gluten), canola and palm oil, water, salt, cornstarch, sodium bicarbonate, soybean oil), potato, nutmeg, salt, pepper Green salad, carrot Olive oil, old-fashioned mustard, maple syrup, vinegar, salt, pepper | Beef, Red and green peppers, celery, onion, carrot, tomato, oatmeal, breadcrumbs (gluten, sesame and soy), Garlic, thyme, salt, pepper, ketchup and mustard, onion, brown sugar, vinegar, tomato, garlic, smoked paprika, demi-glace (soy, gluten and corn) Potato, turnip, carrot, margarine (soy), salt, pepper, parsley | Chicken, onion, paprika, carrot, mushroom, garlic, chicken broth (corn, celery, garlic), demi-glace (soy, gluten and corn) Rotini (gluten) | Beef, spinach, red and green peppers, carrot, bean sprouts (soy), onion, garlic, ginger, plum sauce (tomato, onion and corn) Rice, green peas, chives |
| Allergen | Chicken | Veal, beef, gluten, soy | Beef, gluten, soy | Chicken, gluten, soy | Beef, soy |
| Food Groups | V; G; P | V; G; P | V; G; P | V; G; P | V; G; P |
| Lunch Vegetarian | Paella Saffron rice | Vegetarian pie Salad and house dressing | Texan vegetarian pancake Vegetable puree | Hungarian vegetarian stir-fry Pasta | Cantonese galette and rice |
| Vegetarian - Ingredient | Vegan breast (soy and potato), onion, red and green pepper, green peas, tomato, vegetable broth (from cooking), saffron, garlic, salt, pepper, smoked paprika White rice, saffron | Pie crust (wheat flour (gluten), canola and palm oil, salt, cornstarch, sodium bicarbonate, soybean oil), Tofu, Carrot, Celery, Onion, Spinach, Mushrooms, Red pepper, Cornstarch Green salad, carrot, Olive oil, old-fashioned mustard, maple syrup, vinegar, salt, pepper | Vegetarian patty (contains brown rice, corn, carrot, onion, green and red pepper, broccoli, oats, canola oil, sunflower oil, soy, wheat (gluten), salt, garlic, pepper), onion, brown sugar, vinegar, tomato, garlic, smoked paprika, demi-glace (soy, gluten and corn) Potato, turnip, carrot, margarine (soy), salt, pepper, parsley | Vegan breast (contains soy and potato), onion, paprika, carrot, mushroom, garlic, vegetable broth (from cooking) Rotini (gluten) | Vegetarian patty (contains brown rice, corn, carrot, onion, green and red pepper, broccoli, oats, canola oil, sunflower oil, soy, wheat (gluten), salt, garlic, pepper), spinach, red and green pepper, carrot, bean sprouts (soy), onion, garlic, ginger, plum sauce (tomato, onion and corn) Rice, green peas, chives |
| Egg Free | | | | | |
| Egg Free - Ingredient | | | | | |



| Day 20 | 05-Feb-21 | 05-Mar-21 | 02-Apr-21 | 30-Apr-21 | 28-May-21 |
|---------------------------------|-----------|---|--|--|--|
| Milk Free | | | | | |
| Milk Free - Ingredient | | | | | |
| Gluten Free | | Gluten-free penne with two meats Salad and house dressing | Texan meatloaf Vegetable puree | Hungarian Chicken Stir-Fry Gluten free penne | |
| Gluten Free - Ingredient | | Gluten free penne, veal, beef, onion, potato, nutmeg, salt, pepper Green salad, carrot, Olive oil, old-fashioned mustard, maple syrup, vinegar, salt, pepper | Beef, Red and green peppers, onion, Garlic, thyme, salt, pepper, onion, brown sugar, vinegar, tomato, garlic, smoked paprika Potato, turnip, carrot, margarine (soy), salt, pepper, parsley | Chicken, onion, paprika, carrot, mushroom, garlic, chicken broth (corn, celery, garlic) Gluten free penne | |
| Soy Free | | Gluten-free penne with two meats Salad and house dressing | Texan meatloaf Vegetable puree | Hungarian Chicken Stir-Fry Rotini | Cantonese beef and rice |
| Soy Free - Ingredient | | Gluten free penne, veal, beef, onion, potato, nutmeg, salt, pepper Green salad, carrot, Olive oil, old-fashioned mustard, maple syrup, vinegar, salt, pepper | Beef, Red and green peppers, onion, Garlic, thyme, salt, pepper, onion, brown sugar, vinegar, tomato, garlic, smoked paprika Potato, turnip, carrot, salt, pepper, parsley | Chicken, onion, paprika, carrot, mushroom, garlic, chicken broth (corn, celery, garlic) Rotini (gluten) | Beef, spinach, red and green peppers, carrot, onion, garlic, ginger, plum sauce (tomato, onion and corn) Rice, green peas, chives |