

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