

MON	TUE	WED	THU	FRI
Cozy Comfort Mac & Cheese 30 Creamy Butternut Mac & Cheese, Edamame & Corn, Fresh Baked Good Vegetarian	Taco Time! 31 Seasoned Beef Tacos in Soft Tortilla, Rice & Seasonal Vegetable, Fresh Fruit Vegetarian: Refried Beans Taco	Tropical Crunch Cod 1 Coconut-Crusted Cod, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	Picnic Lunch 2 Chicken & Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	GOOD FRIDAY
EASTER MONDAY	Hearty Pasta Bolognese 7 Beef Bolognese over Pasta, Seasonal Vegetable, Baked Good Vegetarian: Lentil Bolognese	Burger Day 8 Turkey Burgers on Whole Wheat Bun, Crudité Vegetables, Fresh Fruit Vegetarian: Meatless Burger	Sweet & Sour Stir Fry 9 Sweet & Sour Chicken, Rice & Broccoli, Fresh Fruit Vegetarian: Sweet & Sour Tofu	
Bagel Day 13 Whole Wheat Bagel, Cottage Cheese Fruit Spread, Cucumbers, Fresh Baked Good Vegetarian	Meatball Madness 14 Meatballs with Marinara Sauce, Pasta & Seasonal Vegetables, Fresh Fruit Vegetarian: Cauliflower Quinoa Meatballs	Baked Salmon Surprise 15 Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	Maple Mustard Chicken 16 Maple Mustard Glazed Chicken, Rice & Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Chicken Alfredo 17 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
Creamy Broccoli Cheddar Pasta 20 Broccoli & Cheddar Sauce, Noodles, Crunchy Carrots, Fresh Baked Good Vegetarian	Chili Bowls 21 Beef & Sweet Potato Chili, Crispy Tostadas & Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	Sausage & Roasted Potatoes 22 Turkey Sausage, Roasted Potatoes, Seasonal Vegetables & Fresh Fruit Vegetarian: Veggie Sausages	Greek Pita Party 23 Lemon Souvlaki Chicken in Pita, Greek Salad, Fresh Fruit Vegetarian: Paneer Lemon Souvlaki	Filipino Comfort Chicken 24 Chicken Adobo, Rice & Green Beans, Fresh Baked Good Vegetarian: Tempeh Adobo
Parmesan Tomato Ragu 27 Lentil tomato sauce, Parmesan Cheese, Fusilli Pasta & Vegetable Medley, Fresh Baked Good Vegetarian	Rainbow Rice Bowl 28 Beef Bulgogi, Rice, Carrots & Cucumber, Fresh Fruit Vegetarian: Tempeh Bulgogi	Build Your Own Chicken Nachos 29 Pulled Chicken, Corn Salsa & Cheese, Fresh Fruit Vegetarian: Black Bean Nachos	Butter Chicken Curry 30 Butter Chicken, Rice & Seasonal Vegetables, Fresh Fruit Vegetarian: Chana Masala	BBQ Lunch 1 BBQ Chicken, Caesar Salad & Whole Wheat Bun, Fresh Baked Good Vegetarian: BBQ Tofu Bites

WHAT'S NEW COOKING THIS MONTH?

Creamy Broccoli Cheddar Pasta

- Noodles tossed in a creamy cheddar cheese sauce with bright green broccoli florets. This warm, comforting dish is inspired by classic broccoli cheddar soup and made kid-friendly, hearty, and satisfying for lunch.

BBQ Lunch

- Celebrate sunny days with BBQ chicken on a soft whole wheat bun, crisp Caesar salad, and a fresh baked treat. BBQ tofu bites make the vegetarian option just as flavourful and delicious.

YUM THIS MONTH!

Rainbow Rice Bowl

- This colourful bowl is inspired by Korean bulgogi, a popular dish whose name means "fire meat." The name refers to the way the meat was traditionally cooked over a flame (not to spiciness), and bulgogi is actually known for its sweet and savoury flavour. Our version features marinated ground beef served with fluffy rice, crunchy carrots and cucumbers, and fresh fruit for a bright and balanced meal.