DECEMBER 2026

HOT LUNCH PROGRAM

MON	TUE	WED	THU	FRI
30 **Veggie Fried Rice** Egg and Vegetable Fried Rice, Broccoli, Baked Good **Vegetarian**	1 **Italian Beef Bun** Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit **Vegetarian: Lentil Marinara**	2 **Maple Mustard Chicken** Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit **Vegetarian: Honey Mustard Tofu Fingers**	3 **Lemon Chicken and Noodles** Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit **Vegetarian: Sweet Potato Fritters**	4 **Warm Persian Beef and Carrots** Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good **Vegetarian: Persian-Spiced Lentils with Carrots**
7 **Cheesy Broccoli Shells** Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good **Vegetarian**	8 **Chili Crunch Lunch** Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit **Vegetarian: Three Bean Chili**	9 **Baked Salmon Surprise** Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit **Vegetarian: Lentil Croquette**	10 **Mediterranean Souvlaki** Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit **Vegetarian: Paneer Lemon Souvlaki**	11 **Chicken Adobo** Chicken Adobo, and Rice, Green Beans, and Fresh Fruit **Veg: Tempeh Adobo**
14 **Parmesan Tomato Ragu** Fusilli tossed in a Tomato and Parmesan sauce, Seasonal Vegetables, and a Baked Good **Vegetarian**	15 **Beef Bulgogi Rice Bowl** Beef served over Rice with Carrots, Cucumber, and Fresh Fruit **Vegetarian: Tempeh Bulgogi**	16 **Turkey Sweet Potato Meatballs** Turkey and Sweet Potato Meatballs tossed in a Sweet and Sour Sauce, Garlic Herb Noodles, Fresh Crudité and Fruit **Vegetarian: Cauliflower Quinoa Balls**	17 **Butter Chicken with Rice** Chicken in a Tomato Sauce, Rice, Seasonal Vegetables, and Fresh Fruit **Vegetarian: Chana Masala**	18 **Holiday Turkey Meal** Turkey, Mashed potatoes, Roasted carrots, Gingerbread Cookie **Vegetarian: Cauliflower Quinoa Meatballs**
21 **Cozy Comfort Mac & Cheese** Creamy Butternut Mac & Cheese, Edamame and Corn, Fresh Baked Good **Vegetarian**	22 **Taco Time!** Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and a Baked Good **Vegetarian: Refried Beans Taco**	23 **Tropical Crunch Cod** Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit **Vegetarian: Coconut Chickpea Curry**	24	25 **Christmas Day**

SEASONAL FAVOURITE FLAVOURS

While the winter months in Ontario bring a smaller selection of local fruits and vegetables, there are still plenty of delicious seasonal flavours to enjoy! Look out for colourful local carrots in shades of orange, purple and yellow, as well as lots of bright, juicy citrus fruits.

Did you know that many citrus fruits are actually at their peak deliciousness during the winter months? Sweet oranges and clementines are a wonderful way to bring a little sunshine to our plates on cold winter days!

YUM THIS MONTH!

On December 18th, we're celebrating the holiday season with a special festive lunch! Enjoy a delicious turkey dinner with creamy mashed potatoes, roasted carrots and a gingerbread cookie to finish. Our vegetarian friends will enjoy our house-made cauliflower and quinoa meatballs.

There's something extra special about sharing a festive meal together. From all of us at Growing Chefs! Ontario, we wish you a delicious and joyful holiday season!

QUESTIONS? CALL THE KITCHEN AT 226-503-8473