

September 2026

Sept 1st, 2026

****All meals are free from Peanuts and Sesame ****

Halal meat products for all meals/ Vegetarian substitutions for dietary restrictions



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
AM SNACK		Multigrain cheerios and milk Fresh cut fruit	Hashbrowns and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Fruit smoothies and crackers
LUNCH		Chicken fried rice Milk	Pasta primavera with beans served with garlic bread Milk	Broccoli and cheddar quiche served with seasoned rice Milk	Homemade smash burgers with seasoned potato wedges Milk
PM SNACK		Applesauce and arrowroot crackers	Cheese and crackers Fresh cut fruit	Cheesy flatbread Fresh cut fruit	Bake good Fresh cut fruit
	7	8	9	10	11
AM SNACK	TEDDYVILLE CLOSED	Multigrain cheerios and milk Fresh cut fruit	Homemade pancakes with milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Egg bites and milk Fresh cut fruit
LUNCH	LABOUR DAY	Teriyaki beef noodles with veggies Milk	Chicken and cheese quesadillas served with Mexican style rice Milk	Shepard's pie Milk	Cheese pizza served with sliced veggies Milk
PM SNACK	TEDDYVILLE CLOSED	Homemade trail mix Fresh cut fruit	Biscuits Fresh cut fruit	Homemade fresh baked bread Fresh cut fruit	Bake good Fresh cut fruit
	14	15	16	17	18
AM SNACK	Multigrain cheerios and milk Fresh cut fruit	Bagels with cream cheese and milk Fresh cut fruit	Yogurt and granola Fresh cut fruit	Croissants with milk Fresh cut fruit	English muffin with jam and milk Fresh cut fruit
LUNCH	Spaghetti bolognese served with garlic parmesan roasted broccoli Milk	Curried chickpea fritters with tzatziki sauce served with a garden salad Milk	Turkey and cheddar wraps with sliced cucumbers Milk	Homemade Mac and cheese served with roasted carrots Milk	Fish and chips served with green peas and carrots Milk
PM SNACK	Cheese and crackers Fresh cut fruit	Homemade pita crackers Fresh cut fruit	Homemade banana muffins Fresh cut fruit	Wow butter and oat bars Fresh cut fruit	Bake good Fresh cut fruit
	21	22	23	24	25
AM SNACK	Multigrain cheerios and milk Fresh cut fruit	Fruit smoothie and crackers	Egg bites and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Oatmeal and milk Fresh cut fruit
LUNCH	Homemade pesto pasta served with garlic bread Milk	Honey garlic chicken served with seasoned rice and roasted veggies Milk	Grilled cheese served with sliced veggies Milk	Loaded BBQ ranch chicken potato bake Milk	Baked chicken strips served with sweet potato fries Milk
PM SNACK	Homemade hummus served with nan bread and veggies Fresh cut fruit	Rice cakes Fresh cut fruit	Applesauce and graham crackers	Berry cream cheese pinwheels Fresh cut fruit	Bake good Fresh cut fruit
	28	29	30		
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Yogurt and granola Fresh cut fruit	Hashbrowns and milk Fresh cut fruit		
LUNCH	Chicken noodle soup served with whole wheat bun Milk	Chicken pot pie casserole Milk	Sloppy joes served with side salad Milk		
PM SNACK	Homemade blueberry scones Fresh cut fruit	Cheesy flatbread Fresh cut fruit	Homemade trail mix Fresh cut fruit		