

November 2025

Nov 1st, 2025

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



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Scrambled eggs with hash browns and milk Fresh cut fruit	Bagel with cream cheese Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Yogurt and granola Fresh cut fruit
LUNCH	Beef fried rice Milk	Pasta with homemade pesto and garlic bread Milk	Chicken and vegetable stir-fry served with rice Milk	Grilled cheese sandwich with sliced vegetables Milk	Mac and cheese with glaze carrots Milk
PM SNACK	Cheese and crackers Fresh cut fruit	Arrowroot crackers Fresh cut fruit	Homemade pita crackers Fresh cut fruit	Rice crackers with wow butter Fresh cut fruit	Baked good of the day Fresh cut fruit
	10	11	12	13	14
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Toasted raisin bread with butter and milk Fresh cut fruit	Fruit smoothie Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Maple and brown sugar oatmeal and milk Fresh cut fruit
LUNCH	Potato and lentil soup with crackers Milk	Chicken and cheese quesadilla with sliced vegetables Milk	Beef and cheese sliders with potato wedges Milk	Meat Lasagna served with Caesar salad Milk	Cheese pizza with peppers on the side Milk
PM SNACK	Wow butter & jam pinwheels Fresh cut fruit	Berry scones Fresh cut fruit	Trail mix Fresh cut fruit	Buttered croissants Fresh cut fruit	Baked good of the day Fresh cut fruit
	17	18	19	20	21
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Omelet bites and milk Fresh cut fruit	English muffin with jam and milk Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Pancakes and milk Fresh cut fruit
LUNCH	Beef macaroni with roasted vegetables Milk	Cheese tortellini soup with homemade corn bread Milk	Chicken Caesar wrap with fries Milk	Chicken dinner Milk	Fish and chips Milk
PM SNACK	Buttered biscuits Fresh cut fruit	Pretzels and cheese Fresh cut fruit	Arrowroot crackers Fresh cut fruit	Chessy flatbread Fresh cut fruit	Baked good of the day Fresh cut fruit
	24	25	26	27	28
AM SNACK	Multi-grain cheerios and milk Fresh cut fruit	Cheese and crackers Fresh cut fruit	Apple sauce Fresh cut fruit	Homemade muffin and milk Fresh cut fruit	Multi-grain cheerios and milk Fresh cut fruit
LUNCH	Chicken penne with rosé sauce and a side salad Milk	Beef chilli served with rice Milk	Turkey and cheddar wrap with sliced vegetables Milk	Shepard's pie Milk	Chicken strips with sweet potato fries Milk
PM SNACK	Rice crackers Fresh cut fruit	Trailmix Fresh cut fruit	Homemade granola bars Fresh cut fruit	Yogurt Fresh cut fruit	Arrowroot crackers Fresh cut fruit
AM SNACK					
LUNCH					
PM SNACK					