

April 2026 Menu



M

6. CLOSED

13. Tofu Fried Rice

20. Turkey Meatballs & Spaghetti

27. Pancakes & Scrambled Eggs

TU

7. Turkey Meatballs & Mashed Potatoes

14. Chicken & Cheese Quesadilla

21. Tomato Soup & Grilled Cheese Dippers

28. Hidden Veggie Mac & Cheese

W

1. Blueberry Pancakes & Scrambled Eggs

8. Pizza Roll Ups

15. Pineapple Chicken Stir Fry

22. Teriyaki Rice Bowl

29. Butter Chicken

TH

2. Turkey Slider Melts

9. Cucumber Sushi Rolls

16. Beef Lasagna Noodles

23. Ham & Cheese Pinwheels

30. Cheesy Broccoli Soup

F

3. CLOSED

10. Broccoli Chicken Alfredo

17. French Toast & Bacon

24. Veggie Chow Mein

**Want to join us?
Contact your Facility
Manager Directly
www.nourishcafeinc.ca**



nourish
café

SNACKS

AM + PM Snacks will be provided from the list below in rotation throughout the month:

- Fresh Fruit
- Assorted Muffins
- Cucumbers & Dip
- Nut Free Trail Mix
- Apple and Fruit Sauces
- Cheese Sticks
- Yogurt Parfait
- Smoothies
- Granola Bites
- Mini Croissant's
- Pressed Fruit Bars
- Banana Wow Butter Wrap
- Cheese and Crackers
- Cookies
- Yogurt
- Fresh Baked Fruit Loaves