

July 2026 Menu



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

1.

**Kitchen is
CLOSED**

2.

**Kitchen is
CLOSED**

3.

**Kitchen is
CLOSED**

6.

Pancakes
& Bacon

7.

Beef Lasagna
Noodles

8.

Turkey Slider
Melts

9.

Veggie Chow
Mein

10.

Butter Chicken

13.

Turkey
Meatballs &
Mashed
Potatoes

14.

Teriyaki Rice
Bowl

15.

Tortellini Soup

16.

Chicken & Bean
Enchiladas

17.

Hidden Veggie
Mac & Cheese

20.

Butter Chicken

21.

Pizza Roll Ups

22.

Broccoli
Chicken Alfredo

23.

Blueberry
Pancakes &
Scrambled Eggs

24.

Beef Shepards
Pie

27.

Tofu Fried Rice

28.

Turkey
Meatballs &
Spaghetti

29.

Hidden Veggie
Mac & Cheese

30.

Pineapple
Chicken Stir Fry

31.

French Toast &
Bacon



nourish
café

SNACKS

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

Fresh Fruit
Assorted Muffins
Cucumbers, Mini-Naans & Dip
Nut Free Cereal Trail Mix
Apple and Fruit Sauces
Puff Pastry Cheese Twists
Yogurt Parfait
Smoothies
Granola Bites
Homemade Fruit Oat Bar
Cheese and Crackers
Cookies
That's It Bars
Fresh Baked Zucchini Banana Loaf