

# May 2026 Menu



**M**

**TU**

**W**

**TH**

**F**

Want to join us?  
Contact your Facility Manager Directly  
[www.nourishcafeinc.ca](http://www.nourishcafeinc.ca)

4. Hidden Veggie Mac & Cheese

5. Veggie Chow Mein

6. **Happy ECE Day!**  
Chicken & Bean Enchiladas

7. Beef Lasagna Noodles

1. Ham & Cheese Rollups

8. Pineapple Chicken Stir Fry

11. Turkey Slider Melts

12. Pizza Roll Ups

13. French Toast & Bacon

14. Butter Chicken

15. Hidden Veggie Mac & Cheese

18. CLOSED

19. Turkey Meatballs & Spaghetti

20. Tofu Fried Rice

21. Chicken & Cheese Quesadilla

22. Tomato Soup & Grilled Cheese Dippers

25. Beef Shepards Pie

26. Teriyaki Rice Bowl

27. Broccoli Chicken Alfredo

28. Pizza Roll Ups

29. Blueberry Pancakes & Scrambled Eggs



nourish  
café

## SNACKS

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

- Fresh Fruit
- Assorted Muffins
- Cucumbers, Mini-Naan & Dip
- Nut Free Trail Mix
- Apple and Fruit Sauces
- Cheese Sticks
- Yogurt Parfait
- Smoothies
- Granola Bites
- Homemade Fruit Oat Bar
- Banana Wow Butter Wrap
- Cheese and Crackers
- Cookies
- Fresh Baked Zucchini Banana Loaf**