

November 2026 Menu



M

1
Turkey
Meatballs &
Mashed
Potatoes

9.
Pancakes &
Scrambled Eggs

16.
Turkey Slider
Melts

23.
Beef Lasagna
Noodles

30
Hidden Veggie
Mac & Cheese

TU

2.
Broccoli
Chicken Alfredo

10.
Tortellini Soup

17.
Veggie Chow
Mein

24.
Butter Chicken

W

3
French Toast &
Bacon

11.
**Kitchen is
CLOSED**
Lest We Forget

18.
Hidden Veggie
Mac & Cheese

25.
Teriyaki Rice
Bowls

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

TH

4
Pizza Roll Ups

12.
Butter Chicken

19.
Beef Shepards
Pie

26.
Blueberry
Pancakes &
Scrambled Eggs

F

5.
Tofu Fried Rice

13.
Chicken & Bean
Enchiladas

20.
Pineapple
Chicken Stirfry

27.
Pizza Roll Ups



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 Cereal Trail Mix
Apple and Fruit Sauces
Puff Pastry Cheese Twists
Yogurt Parfait
Smoothies
Granola Bites
Homemade Fruit Oat Bar
Cheese and Crackers
Cookies
Thats It Bars
Pumpkin Loaf
Fresh Baked Zucchini Banana Loaf