

September 2026 Menu



M

7.
**Kitchen is
CLOSED**

14.
Pineapple
Chicken Stirfry

21.
Turkey Sliders

28.
Blueberry
Pancakes &
Scrambled Eggs

TU

1.
Veggie Chow
Mein

8.
Pancakes &
Scrambled Eggs

15.
Teriyaki Rice
Bowl

22.
Tofu Fried Rice

29.
Chicken Pot Pie

W

2.
Butter Chicken

9.
Chicken & Bean
Enchiladas

16.
Beef Shepards
Pie

23.
Turkey
Meatballs &
Spaghetti

**Kitchen is
CLOSED**

TH

3.
Pizza Roll Ups

10.
Hidden Veggie
Mac & Cheese

17.
French Toast &
Bacon

24.
Butter Chicken

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

F

4.
Broccoli
Chicken Alfredo

11.
Turkey
Meatballs &
Mashed
Potatoes

18.
Pizza Roll Ups

25.
Beef Lasagna
Noodles



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
Fresh Baked Zucchini Banana Loaf