

# October 2026 Menu



M

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

5.  
Tofu Fried Rice

12.  
**Kitchen is  
CLOSED  
Happy  
Thanksgiving!**

19.  
Chicken Pot Pie

26.  
Butter Chicken

TU

6.  
Pizza Roll Ups

13.  
French Toast &  
Bacon

20.  
Beef Lasagna  
Noodles

27.  
Teriyaki Rice  
Bowls

W

7.  
Broccoli  
Chicken Alfredo

14.  
Butter Chicken

21.  
Pizza Roll Ups

28.  
Blueberry  
Pancakes &  
Scrambled Eggs

TH

1  
Hidden Veggie  
Mac & Cheese

8.  
Veggie Chow  
Mein

15.  
Turkey Pad Thai

22.  
Turkey  
Meatballs &  
Mashed  
Potatoes

29.  
Chicken & Bean  
Enchiladas

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2.  
Beef Shepards  
Pie

9.  
Pineapple  
Chicken Stirfry

16.  
Tortellini Soup

23.  
Turkey Slider  
Melts

30.  
Hidden Veggie  
Mac & Cheese



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**