

Fall menu

Month: November 2025



		Monday	Tuesday	Wednesday	Thursday	Friday
AM		Wholegrains cereals	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
		03	04	05	06	07
Regular		Beef & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive	Chicken cacciatore with mashed potato	Singapore noodles Curry & soy sauce Tofu cheese & chop suey	Tuna chicken balls With marinara sauce Served with rice
Vegetarian		Tofu & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive	Bean & olive stew with mashed potato	Singapore noodles Curry & soy sauce Tofu cheese & chop suey	vegan meat balls With marinara sauce Served with rice
Vegan		Tofu & broccoli fried rice	Vegan Mediterranean pasta With chick peas, olive	Bean & olive stew with mashed potato	Singapore noodles Tofu cheese & chop suey	vegan meat balls Served with rice
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Mini croissant & cottage spread	Crackers & cheese	Mini crêpes Wow butter	English muffin bean spread	Molasses galette
		10	11	12	13	14
Regular		Beef & barley meal soup with roots vegetables	Baked ziti pasta with ground chicken & cheese	Vegan Cajun rice with minced Tofu & vegetables	Chicken & cheese pizza Wich crudités	Beef cabbage rolls with mashed potato
Vegetarian		Bean & barley meal soup with roots vegetables	Baked ziti pasta with Chick peas & cheese	Vegan Cajun rice with minced Tofu & vegetables	Cheese pizza Wich crudités	Tofu cabbage rolls with mashed potato
Vegan		Beans & barley meal soup with roots vegetables	Baked ziti pasta with Chick peas	Vegan Cajun rice with minced Tofu	Vegan cheese pizza Wich crudités	Tofu cabbage rolls with mashed potato
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Crudités & tzatziki	Crackers & cheese	Granola bar	Half bagel & cream cheese	Pumpkin muffin
		17	18	19	20	21
Regular		Classic leak & potato white beans soup With bread roll	Chicken stroganoff Served with pasta	Spanish Beef rice with black bean, assorted veggies	Beef bourguignon mashed potato & carrots	Macaroni & cheese gratiné with broccoli
Vegetarian		Classic leak & potato white beans soup With bread roll	Mushroom Stroganoff Served with pasta	Vegan spanish rice with black bean, assorted veggies	Mushroom bourguignon mashed potato & carrots	Macaroni & cheese gratiné with broccoli
Vegan		Leak & potato soup With bread roll	Mushroom Stroganoff Served with pasta	Vegan Spanish rice with black bean, assorted veggies	Mushroom bourguignon mashed potato & carrots	Macaroni & vegan cheese with broccoli
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Rice cake & wow butter	Crackers & cheese	Mini cheese quiche	Naan & hummus	Banana bread
		24	25	26	27	28
Regular		Butterchicken stew With white rice	Meat sauce Spaghetti Vegetable of the day	Vegan coconut & lentils stew mixed couscous & quinoa	Salmon rice with carrots & peas	Turkey chili with wholegrain tortillas
Vegetarian		Potato, bean & curry stew With white rice	Minced tofu Spaghetti Vegetable of the day	Vegan coconut & lentils stew mixed couscous & quinoa	Salmon rice with carrots & peas	Vegan chili with wholegrain tortillas
Vegan		Potato, bean & curry stew With white rice	Minced tofu Spaghetti Vegetable of the day	Vegan coconut & lentils stew mixed couscous & quinoa	Tofu rice with carrots & peas	Vegan chili with wholegrain tortillas
Dessert		Apple sauce	Fresh fruits	Gelatin free yogurt	Fresh fruits	Gelatin free yogurt
PM Snack		Crudités & cheese	Pita & creamy avocado dip	Crackers & cheese	Raisins bread	Cinnamon muffin

