



SUMMER MENU 2026

Weeks of: June 8th, July 6th, August 4th & 31st, September 28th, October 26th

Vegetarian No Whole Egg Preschool - School Age Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Bean & Vegetable Teriyaki (*broccoli, cabbage, carrots, cauliflower, *edamame, kidney beans) Chow Mein Noodles Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit
TUESDAY	Moroccan Falafel Balls Vegetable Couscous (corn, couscous, onions, *peas, red peppers, *spinach) Fresh Fruit	Southwestern Salsa Multigrain Pita Crisps
WEDNESDAY	Baked Veggie Tenders Whole Wheat Pita Pocket *Green & Yellow Beans Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Green Salad Fresh Fruit	Whole Grain Zucchini Loaf Peachy Apple 100% Fruit Puree
FRIDAY	Summer Rustic Chili (black beans, carrots, corn, *green/red peppers, kidney beans, onions, soy protein, squash, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Vegetables Plant Based Cheeze Scones

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- Menu approved by a Registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes



SUMMER MENU 2026

Weeks of: June 15th, July 13th, August 10th, September 8th, October 5th

Vegetarian No Whole Egg Preschool - School Age Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Yummy Bean Mac & Cheese *Spring Mix Salad Fresh Fruit	Yummy Tomato Bruschetta Garlic Naan
TUESDAY	Baked Veggie Cutlet Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Pasta with Creamy Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
THURSDAY	Baked Veggie Tenders Sweet Harissa Vegetable Rice (brown rice, carrots, red peppers, *zucchini) Fresh Fruit	Fresh Carrots Pizza Square
FRIDAY	Veggie Taco Whole Wheat Tortilla Lettuce with Purple Cabbage & Carrots Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce

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SUMMER MENU 2026

Weeks of: June 22nd, July 20th, August 17th, September 14th, October 13th

Vegetarian No Whole Egg Preschool - School Age Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Falafel Balls with Yummy Tomato Sauce Whole Wheat Bun PEI Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Whole Grain Apple Cinnamon Bun Fresh Fruit
TUESDAY	Zesty Lemon Chickpea Medley (*broccoli, cauliflower, chickpeas, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit	Greek Salsa Multigrain Pita Crisps
WEDNESDAY	Tri Colour Cheese Tortellini with Roasted Red Pepper Lentil Sauce *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Cracker Bites
THURSDAY	Baked Veggie Tenders Barley Vegetable Risotto (barley, corn, mushrooms, onions, *peas) Fresh Fruit	Whole Grain Lemon Blueberry Loaf Dragon Fruit & Apple 100% Fruit Puree
FRIDAY	Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit	Fresh Vegetables Plant Based Cheeze Scones

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SUMMER MENU 2026

Weeks of: June 29th, July 27th, August 24th, September 21st, October 19th

Vegetarian No Whole Egg Preschool - School Age Menu

DAY	LUNCH	P.M. SNACK
MONDAY	Pasta with Lentil Bolognese *Spring Mix Salad Fresh Fruit	Tangy Twist Hummus Whole Wheat Naan
TUESDAY	Baked Veggie Cutlet Whole Wheat Bun *Peas, Carrots, Corn Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Enchanted Garden Bean Medley (*broccoli, cauliflower, mixed beans, orange & yellow carrots, *romano green beans) Vegetable Rotini Pasta Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	TASTE TEST THURSDAYS! (Please see posting at centre to see what's cooking!)	Fresh Carrots Cheesy Garlic Pizza Square
FRIDAY	Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit	Vegan Whole Grain Banana Cookie Strawberry & Apple 100% Fruit Puree

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