

February 2025

NEW WESTMINSTER MENU Smarter +



Week 1	Monday 02/03	Tuesday 02/04	Wednesday 02/05	Thursday 02/06	Friday 02/07
Regular	Butter Chicken Rice Peas Fruit of the Day	Beef Meatball Submarine Garden Ranch Salad	Chicken Teriyaki Noodle Bowl California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Cheese Omelette Tator Tots Fruit	Jerk Chicken Drumstick Rice and Beans Corn Fruit of the Day
2nd Choice	Cheeseburger Pasta Peas and Carrots Fruit of the Day	Chicken Salad Sandwich Garden Ranch Salad	Topsy Turvy Pasta California Mixed Vegetables Fruit	Greek Chicken Pasta Salad Garlic Toast Fruit	Macaroni and Cheese PEI Mixed Vegetables (String Beans, Carrots) Fruit of the Day
Vegetarian	Butter Chickpeas Rice Peas Fruit of the Day	Veggie Meatball Submarine Garden Ranch Salad	Vegetarian Topsy Turvy Pasta California Mixed Vegetables Fruit	Cheese Omelette Tator Tots Fruit	Macaroni and Cheese PEI Mixed Vegetables (String Beans, Carrots) Fruit of the Day
Halal Friendly	Halal Butter Chicken Rice Peas Fruit of the Day	Halal Beef Meatball Submarine Garden Ranch Salad	Halal Chicken Teriyaki Noodle Bowl California Vegetables Fruit	Halal Chicken Pasta Salad Garlic Toast Fruit	Halal Macaroni and Cheese PEI Mixed Vegetables (String Beans, Carrots) Fruit of the Day



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Week 2	Monday 02/10	Tuesday 02/11	Wednesday 02/12	Thursday 02/13	Friday 02/14
Regular	Sunshine Sandwich Hash Brown Triangles Fruit of the Day	Crunchy Chicken Ranch Wrap Cucumbers and Dip	Honey Garlic Chicken Drumstick Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	PRO D-DAY
2nd Choice	Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Beef Meatballs Mashed Potatoes Corn Gravy Cucumbers and Dip	Smiling Shepherd's Pie Fruit	Valentine's Day Kid Cuterie Chicken Nuggets Fruit of the Day	
Vegetarian	Sunshine Sandwich Hash Brown Triangles Fruit of the Day	Veggie Meatballs Mashed Potatoes Corn Gravy Cucumbers and Dip	Honey Garlic Tofu Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	
Halal Friendly	Halal Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Crunchy Halal Chicken Ranch Wrap Cucumbers and Dip	Honey Garlic Halal Chicken Drumstick Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	



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Week 3	Monday 02/17	Tuesday 02/18	Wednesday 02/19	Thursday 02/20	Friday 02/21
Regular	FAMILY DAY	Chicken Fried Rice Spring Roll Fruit of the Day Plum Sauce	Breakfast Burrito Tator Tots Apple Sauce	Spaghetti and Beef Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Chicken Shawarma Wrap Veggies and Dip Fruit
2nd Choice		French Toast Fruit of the Day Syrup	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Chicken Ranch Salad Dinner Bun Fruit	Turkey Hot Dog Veggies and Dip Fruit
Vegetarian		Veggie Fried Rice Spring Roll Fruit of the Day Plum Sauce	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Spaghetti with Veggie Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Veggie Hot Dog Veggies and Dip Fruit
Halal Friendly		Halal Chicken Fried Rice Spring Roll Fruit of the Day Plum Sauce	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Spaghetti with Halal Beef Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Halal Hot Dog Veggies and Dip Fruit



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Week 4	Monday 02/24	Tuesday 02/25	Wednesday 02/26	Thursday 02/27	Friday 02/28
Regular	Cheese Tortellini Tomato Sauce California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Chicken Nuggets Rice Peas and Carrots Fruit	Chicken Teriyaki Rice California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Chicken Burger Potato Wedges Fresh Veggies and Dip	Deli Turkey, Cheese, Tomato Bagel Fruit
2nd Choice	Beef Chili Rice Fruit	Veggie Cob Ranch Salad Dinner Bun Fruit	Cheeseburger Pasta California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Fish Sticks Potato Wedges Corn Fresh Veggie and Dip	Beef Meatball Tator Tot Poutine Corn Fruit
Vegetarian	Daal (Red Lentil Curry) Basmati Rice Cauliflower Fruit	Veggie Cob Ranch Salad Dinner Bun Fruit	Tofu Teriyaki Rice California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Veggie Burger Potato Wedges Fresh Veggies and Dip	Veggie Meatball Tator Tot Poutine Corn Fruit
Halal Friendly	Cheese Tortellini Tomato Sauce California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Veggie Cob Ranch Salad Dinner Bun Fruit	Halal Chicken Teriyaki Rice California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Halal Chicken Burger Potato Wedges Fresh Veggies and Dip	Halal Beef Meatball Tator Tot Poutine Corn Fruit



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