

APRIL 2024

NEW WESTMINSTER MENU



Week 1	Monday 04/01	Tuesday 04/02	Wednesday 04/03	Thursday 04/04	Friday 04/05
Regular	SCHOOLS	Beef Burrito Rice Bowl Power Veggies Sour Cream	Chicken Burger Yogurt	Cheese Pizza Sub Fresh Veggies and Dip	Beef Meatball Sub Cucumbers and Dip
2 nd Choice	CLOSED FOR	Panwich (NEW!) (Pancakes, Egg, Cheese) Syrup	Egg Salad Sandwich Yogurt	Shepherd's Pie with Peas and Corn	Cheese Tortellini with Cheese Sauce Cucumbers and Dip
Vegetarian	SPRING	Panwich (NEW!) (Pancakes, Egg, Cheese) Syrup	Egg Salad Sandwich Yogurt	Cheese Pizza Sub Fresh Veggies and Dip	Cheese Tortellini with Cheese Sauce Cucumbers and Dip
Halal Friendly	BREAK	Vegetarian Burrito Rice Bowl Power Veggies Sour Cream	Halal Chicken Burger Yogurt	Cheese Pizza Sub Fresh Veggies and Dip	Halal Beef Meatball Sub Cucumbers and Dip
Week 2	Monday 04/08	Tuesday 04/09	Wednesday 04/10	Thursday 04/11	Friday 04/12
Regular	Turkey Hot Dog Fresh Veggies and Dip	Topsy Turvy Pasta with Tomato Meat Sauce Garlic Bread (NEW!)	Macaroni & Cheese Cucumbers and Dip	Chicken Fingers, Whole Grain Rice, Corn Plum Sauce	Teriyaki Chicken Noodle Bowl California Veggies
2 nd Choice	Garden Veggie Wrap with Cheese, Lettuce & Cucumber	Chicken Breast Plum Wrap	Tuna Salad Sandwich Cucumbers and Dip	Perogies (NEW!) Sour Cream	Grilled Cheese Ketchup Fresh Veggies with Dip
Vegetarian	Veggie Hot Dog Fresh Veggies and Dip	Spaghetti & Tomato Sauce Garlic Bread (NEW!)	Macaroni & Cheese Cucumbers and Dip	Perogies (NEW!) Sour Cream	Grilled Cheese Ketchup Fresh Veggies with Dip
Halal Friendly	Halal Chicken Hot Dog Fresh Veggies and Dip	Spaghetti & Tomato Sauce Garlic Bread (NEW!)	Macaroni & Cheese Cucumbers and Dip	Halal Chicken Fingers, Whole Grain Rice, Corn Plum Sauce	Grilled Cheese Ketchup Fresh Veggies with Dip



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Week 3	Monday 04/15	Tuesday 04/16	Wednesday 04/17	Thursday 04/18	Friday 04/19
Regular	Pancakes, Turkey Sausages Apple Sauce	Beef & Chicken Burrito Wrap Fresh Veggies and Dip Sour Cream	Chicken Teriyaki with Whole Grain Rice & California Veggies	BBQ Meatballs, Rice and Corn	Mac & Dogs (NEW!) Cucumbers and Dip
2nd Choice	Cheese Pizza Sub Apple Sauce	Grilled Cheese Fresh Veggies and Dip	Butter Pasta Parmesan with Power Mix Veggies	Butter Chicken with Rice and Green Peas	Chicken Breast Ranch Wrap with Lettuce and Cucumber
Vegetarian	Pancakes Apple Sauce Syrup	Sunshine Sandwich (Egg & Cheddar) Fresh Veggies and Dip	Butter Pasta Parmesan with Power Mix Veggies	Butter Chickpeas with Rice and Green Peas	Macaroni & Cheese Cucumbers and Dip
Halal Friendly	Cheese Pizza Sub Apple Sauce	Sunshine Sandwich (Egg & Cheddar) Fresh Veggies and Dip	Halal Chicken Teriyaki with Whole Grain Rice & California Veggies	Butter Chickpeas with Rice and Green Peas	Macaroni & Cheese Cucumbers and Dip
Week 4	Monday 04/22	Tuesday 04/23	Wednesday 04/24	Thursday 04/25	Friday 04/26
Regular	Spaghetti & Beef Meatballs with Tomato Sauce	Sweet & Sour Chicken Rice Bowl with California Veggies	Beef Meatballs, Mashed Potatoes with Gravy & Corn	Honey Garlic Chicken Thigh with Rice and Veggies	Beefaroni Yogurt
2nd Choice	Bagel with Cream Cheese Cucumbers and Dip	Chicken Nuggets, Dinner Bun, Plum Sauce Fresh Veggies and Dip	Chicken Breast Caesar Wrap with Lettuce and Cucumber	Grilled Cheese Cucumbers & Dip	French Toast Yogurt Syrup
Vegetarian	Spaghetti & Veggie Meatballs with Tomato Sauce	Veggie Chick'n Nuggets, Dinner Bun, Plum Sauce Fresh Veggies & Dip	Veggie Meatballs, Mashed Potatoes with Gravy & Corn	Grilled Cheese Cucumbers & Dip	French Toast Yogurt Syrup
Halal Friendly	Spaghetti & Halal Meatballs with Tomato Sauce	Sweet & Sour Halal Chicken Rice Bowl with California Veggies	Halal Beef Meatballs, Mashed Potatoes with Gravy & Corn	Halal Honey Garlic Chicken Thigh with Rice and Veggies	French Toast Yogurt Syrup



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Week 5	Monday 04/29	Tuesday 04/30			
Regular	Chicken Pasta Parmesan with Tomato Sauce	Garlic Chicken Penne with Peas & Carrots			
2nd Choice	Cheese Quesadilla Sour Cream Fresh Veggies and Dip	Pancakes Yogurt Syrup			
Vegetarian	Cheese Quesadilla Sour Cream Fresh Veggies and Dip	Pancakes Yogurt Syrup			
Halal Friendly	Cheese Quesadilla Sour Cream Fresh Veggies and Dip	Halal Garlic Chicken Penne with Peas & Carrots			



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