

October 2025 – HEAD OFFICE COPY

NEW WESTMINSTER MENU



Week 1	Monday	Tuesday	Wednesday 10/01	Thursday 10/02	Friday 10/03
Regular			Scoobi Doo Pasta with Tomato Sauce Fruit of the Day	Breakfast Burrito Potato Wedges Veggies (Carrots, Cucumber, Celery) and Dip	Cheesy Flatbread Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day
2nd Choice			Chicken Fingers Rice Corn Fruit of the Day	Bento Box with Hummus, Pita, Fresh Veggies (Carrots, Cucumber, Celery), Fruit & Cheese	Mac n' Dogs Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day
Vegetarian			Scoobi Doo Pasta with Tomato Sauce Fruit of the Day	Bento Box with Hummus, Pita, Fresh Veggies (Carrots, Cucumber, Celery), Fruit & Cheese	Cheesy Flatbread Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day
Halal Friendly			Scoobi Doo Pasta with Tomato Sauce Fruit of the Day	Breakfast Burrito Potato Wedges Veggies and Dip (Carrots, Cucumber, Celery)	Cheesy Flatbread Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day

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Week 2	Monday 10/06	Tuesday 10/07	Wednesday 10/08	Thursday 10/09	Friday 10/10
Regular	Butter Chicken Rice Peas Fruit of the Day	Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	French Toast Fruit of the Day Syrup	Chicken Burger Potato Wedges Fruit of the Day	Beef Meatballs Mashed Potato Peas and Carrots Gravy Fruit of the Day
2nd Choice	Buttery Parmesan Penne Pasta Mixed Vegetables (Carrot, Cauliflower, Broccoli) Fruit of the Day	Beef Taco Salad Box Fruit of the Day	Honey Garlic Chicken Drumstick Rice Corn Fruit of the Day	Falafel Ranch Salad Dinner Bun Side Ranch Dressing Fruit of the Day	Cheesy Omelet Hash Brown Triangles Fruit of the Day
Vegetarian	Butter Chickpeas Rice Peas Fruit of the Day	Veggie Ground Taco Salad Box Fruit of the Day	French Toast Fruit of the Day Syrup	Veggie Burger Potato Wedges Fruit of the Day	Veggie Meatballs Mashed Potato Peas and Carrots Gravy Fruit of the Day
Halal Friendly	Halal Butter Chicken Rice Peas Fruit of the Day	Halal Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	French Toast Fruit of the Day Syrup	Halal Chicken Burger Potato Wedges Fruit of the Day	Halal Beef Meatballs Mashed Potato Peas and Carrots Gravy Fruit of the Day

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Week 3	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
Regular	Thanksgiving Day	Alfredo Pasta Peas Fruit of the Day	Chicken Salad Sandwich Cucumbers and Dip Fruit of the Day	Chicken Caesar Salad Dinner Bun Fruit of the Day	Chicken Fried Rice Spring Roll Fruit of the Day
2nd Choice		Turkey Deli, Cheese, and Tomato Bagel Fruit	Spaghetti and Beef Meatballs Fruit of the Day	Turkey Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Beefaroni Fruit of the Day
Vegetarian		Alfredo Pasta Peas Fruit of the Day	Spaghetti and Veggie Meatballs Fruit of the Day	Veggie Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Vegaroni Fruit of the Day
Halal Friendly		Halal Chicken Deli, Cheese, and Tomato Bagel Fruit of the Day	Halal Chicken Salad Sandwich Cucumbers and Dip Fruit of the Day	Halal Chicken Caesar Salad Dinner Bun Fruit of the Day	Halal Chicken Fried Rice Spring Roll Fruit of the Day

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Week 4	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
Regular	Macaroni and Cheese Mixed Vegetables (Green Beans, Orange Carrots, Yellow Carrots) Fruit of the Day	Grilled Cheese on Texas Toast Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day	Teriyaki Chicken Chow Mein Noodles Mixed Vegetables (Broccoli, Cauliflower, Baby Carrots, Bok Choy, Green, Red and Yellow Pepper, Celery, Snow Peas) Fruit of the Day	Cobb Salad Garlic Toast Fruit the Day	Pro D-Day
2nd Choice	BBQ Chicken Drumstick Rice Corn Fruit of the Day	Nacho Party Plate 3 Layered Dip Fruit of the Day	Sunshine Burger Hash Brown Triangles Fruit of the Day	Beef Meatball Submarine Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day	
Vegetarian	Macaroni and Cheese Mixed Vegetables (Green Beans, Orange Carrots, Yellow Carrots) Fruit of the Day	Grilled Cheese on Texas Toast Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day	Teriyaki Tofu Chow Mein Noodles Mixed Vegetables (Broccoli, Cauliflower, Baby Carrots, Bok Choy, Green, Red and Yellow Pepper, Celery, Snow Peas) Fruit of the Day	Veggie Cobb Salad Garlic Toast Fruit of the Day	
Halal Friendly	Halal BBQ Chicken Drumstick Rice Peas Fruit of the Day	Grilled Cheese on Texas Toast Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day	Halal Teriyaki Chicken Chow Mein Noodles Mixed Vegetables (Broccoli, Cauliflower, Baby Carrots, Bok Choy, Green, Red and Yellow Pepper, Celery, Snow Peas) Fruit of the Day	Halal Beef Meatball Submarine Veggies and Dip (Carrots, Cucumber, Celery) Fruit of the Day	

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Week 5	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
Regular	Cheeseburger Pasta Mixed Vegetables (Green Beans, Orange Carrots, Yellow Carrots) Fruit of the Day	Sweet and Sour Chicken Rice Mixed Vegetables (Carrot, Cauliflower, Broccoli) Fruit of the Day	Fish Burger Tator Tots Fruit of the Day	Beef Chili Mashed Potato Corn Fruit of the Day	Spooky Spaghetti and Beef Meatballs Fruit of the Day
2nd Choice	Perogies Peas and Carrots Fruit of the Day	Hummus Naan Bites Fresh Veggies (Carrots, Cucumber, Celery) and Dip Cheese String Fruit	Breakfast Burrito Hashbrown Triangles Fruit of the Day	Tuna Sushi Bowl Fruit of the Day	Farmer's Fruit and Veggie Plate with Chicken Nuggets
Vegetarian	Perogies Peas and Carrots Fruit of the Day	Sweet and Sour Veggie Chicken Rice Mixed Vegetables (Carrot, Cauliflower, Broccoli) Fruit of the Day	Veggie Burger Tator Tots Fruit of the Day	Bean Chili Mashed Potato Fruit of the Day	Spooky Spaghetti and Veggie Meatballs Fruit of the Day
Halal Friendly	Halal Cheeseburger Pasta Mixed Vegetables (Green Beans, Orange Carrots, Yellow Carrots) Fruit of the Day	Halal Sweet and Sour Chicken Rice Mixed Vegetables (Carrot, Cauliflower, Broccoli) Fruit of the Day	Halal Fish Burger Tator Tots Fruit of the Day	Bean Chili Mashed Potato Fruit of the Day	Spooky Spaghetti and Halal Beef Meatballs Fruit of the Day