

September 2025

NEW WESTMINSTER MENU



Week 1	Monday 09/15	Tuesday 09/16	Wednesday 09/17	Thursday 09/18	Friday 09/19
Regular	Pancakes Yogurt Fruit of the Day Syrup	Crunchy Chicken Ranch Wrap Fruit of the Day	Rosé Penne Pasta (Creamy Tomato Sauce) Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day	Turkey Hot Dog Veggies and Dip Fruit of the Day
2nd Choice	Farmer's Fruit and Veggie Plate with Carrots, Cucumber, Celery, Tomato, Apple, Dip, Crackers, & Chicken Nuggets	Macaroni and Cheese California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Chicken Nuggets Rice Corn Fruit of the Day Plum Sauce	Beef Chili Rice Fruit of the Day	Cheesy Flatbread Veggies and Dip Fruit of the Day
Vegetarian	Pancakes Yogurt Fruit of the Day Syrup	Macaroni and Cheese California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Rosé Penne Pasta (Creamy Tomato Sauce) Fruit of the Day	Bean Chili Rice Fruit of the Day	Vegetarian Hot Dog Veggies and Dip Fruit of the Day
Halal Friendly	Halal Farmer's Fruit and Veggie Plate with Carrots, Cucumber, Celery, Tomato, Apple, Dip, Crackers, & Chicken Nuggets	Halal Crunchy Chicken Ranch Wrap Fruit of the Day	Rosé Penne Pasta (Creamy Tomato Sauce) Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day	Halal Hot Dog Veggies and Dip Fruit of the Day

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Week 2	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26
Regular	Chicken Teriyaki Noodle Bowl California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Tuna Sushi Rice Bowl (Edamame, Onion, Sushi Rice, Carrots, Sriracha Mayonnaise) Fruit of the Day	BBQ Beef Meatballs Mashed Potatoes Corn Fruit of the Day	Chicken Salad Sandwich Veggies and Dip Fruit of the Day	Beef Meatball Tator Tot Poutine Fruit of the Day
2nd Choice	Sunshine Burger (Egg and Cheese on a Bun) Potato Wedges Fruit of the Day	Buttery Parmesan Penne Pasta Carrot Coins Fruit of the Day	Cheeseburger Pasta Sunrise Mixed Vegetables (Green Beans & Carrots) Fruit of the Day	Egg and Cheese Breakfast Burrito Hashbrown Triangles Fruit of the Day	Butter Chicken Rice Peas Fruit of the Day
Vegetarian	Tofu Teriyaki Noodle Bowl California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Egg Sushi Rice Bowl (Edamame, Onion, Sushi Rice, Carrots, Sriracha Mayonnaise) Fruit of the Day	BBQ Veggie Meatballs Mashed Potatoes Corn Fruit of the Day	Egg and Cheese Breakfast Burrito Hash Brown Triangles Fruit of the Day	Butter Chickpeas Rice Peas Fruit of the Day
Halal Friendly	Halal Chicken Teriyaki Noodle Bowl California Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Tuna Sushi Rice Bowl (Edamame, Onion, Sushi Rice, Carrots, Sriracha Mayonnaise) Fruit of the Day	Halal BBQ Beef Meatballs Mashed Potatoes Corn Fruit of the Day	Halal Chicken Salad Sandwich Veggies and Dip Fruit of the Day	Halal Butter Chicken Rice Peas Fruit of the Day
Week 3	Monday 09/29	Tuesday 09/30	Wednesday 09/17	Thursday 09/18	Friday 09/19
Regular	Non-Instructional Day	National Day of Truth & Reconciliation			