

November 2025 – HEAD OFFICE COPY

NEW WESTMINSTER MENU



Week 1	Monday 11/03	Tuesday 11/04	Wednesday 11/05	Thursday 11/06	Friday 11/07
Regular	Beef Chili and Baked Potato Fruit of the Day	Turkey Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Cheesy Omelet Hash Brown Triangles Fruit of the Day	Alfredo Pasta Peas Fruit of the Day
2nd Choice	French Toast (2) Fruit of the Day Syrup	Greek Pasta Salad Fruit of the Day	Chicken Fried Rice Spring Roll Fruit of the Day	Crunchy Chicken Ranch Salad Dinner Bun Fruit of the Day	Beef Meatball Tator Tot Poutine Fruit of the Day
Vegetarian	Veggie Chili and Baked Potato Fruit of the Day	Veggie Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Vegetarian Goulash (Veggie Ground Round and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Cheesy Omelet Hash Brown Triangles Fruit of the Day	Alfredo Pasta Peas Fruit of the Day
Halal Friendly	French Toast (2) Fruit of the Day Syrup	Halal Turkey Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Halal Chicken Fried Rice Spring Roll Fruit of the Day	Crunchy Chicken Ranch Salad Dinner Bun Fruit of the Day	Halal Beef Meatball Tator Tot Poutine Fruit of the Day

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Week 2	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14
Regular	Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Remembrance Day	Spaghetti and Meat Sauce Fruit of the Day	Shepherd's Pie Fruit of the Day	Sunshine Sandwich Potato Wedges Side Ketchup Fruit of the Day
2nd Choice	Pancakes Yogurt Fruit of the Day Syrup		Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Breakfast Burrito Hashbrown Triangles Side Ketchup Fruit of the Day	BBQ Meatballs Mashed Potatoes Corn Fruit of the Day
Vegetarian	Veggie Burger Potato Wedges Fruit of the Day Side Ketchup		Spaghetti and Tomato Sauce Fruit of the Day	Breakfast Burrito Hash Brown Triangles (3) Side Ketchup Fruit of the Day	Sunshine Sandwich Potato Wedges Side Ketchup Fruit of the Day
Halal Friendly	Pancakes (3) Yogurt Fruit of the Day Syrup		Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Halal Shepherd's Pie Fruit of the Day	Halal BBQ Beef Meatballs Mashed Potatoes Corn Fruit of the Day

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Week 3	Monday 11/17	Tuesday 11/18	Wednesday 11/19	Thursday 11/20	Friday 11/21
Regular	Macaroni and Cheese Sunrise Mixed Vegetables (Green Beans, Orange and Yellow Carrots) Fruit of the Day	Crunchy Chicken Ranch Wrap Fruit of the Day	Meatball Submarine Veggies and Dip Fruit of the Day	Cheese Tortellini with Tomato Sauce Fruit of the Day	Pro D-Day
2nd Choice	Butter Chicken Rice Peas Fruit of the Day	Topsy Turvy Pasta Fruit of the Day	Chicken Teriyaki Noodle Bowl California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String & Dip) Apple Slices	
Vegetarian	Butter Chickpeas Rice Peas Fruit of the Day	Topsy Turvy Pasta Fruit of the Day	Tofu Teriyaki Noodle Bowl California Mixed Vegetables (Broccoli, Cauliflower, Carrots) Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String & Dip) Apple Slices	
Halal Friendly	Halal Butter Chicken Rice Peas Fruit of the Day	Halal Crunchy Chicken Ranch Wrap Fruit of the Day	Halal Meatball Submarine (1) Veggies and Dip Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String & Dip) Apple Slices	

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Week 4	Monday 11/24	Tuesday 11/25	Wednesday 11/26	Thursday 11/27	Friday 11/28
Regular	Chicken Fried Rice Spring Roll Fruit Plum Sauce	Beef Lasagna Fruit of the Day	Chicken Shawarma Rice Pilaf Seasonal Fruit	Beef Meatball Tator Tot Poutine Fruit of the Day	Cheesy Flatbread (1) Fruit of the Day
2nd Choice	French Toast Fruit of the Day Syrup	Crunchy Chicken Ranch Salad Fruit	Macaroni and Cheese Sunrise Mixed Vegetables (Green Beans, Orange and Yellow Carrots) Fruit of the Day	Tuna Sushi Bowl Fruit of the Day	Chicken Mozzarella Pasta Fruit of the Day
Vegetarian	French Toast Fruit of the Day Syrup	Veggie Chick'n Ranch Salad Fruit of the Day	Macaroni and Cheese Sunrise Mixed Vegetables (Green Beans, Orange and Yellow Carrots) Fruit of the Day	Veggie Meatball Tator Tot Poutine Fruit of the Day	Cheesy Flatbread Fruit of the Day
Halal Friendly	Halal Chicken Fried Rice Spring Roll Fruit of the Day Plum Sauce	Crunchy Chicken Ranch Salad Fruit	Halal Chicken Shawarma Rice Pilaf Seasonal Fruit	Tuna Sushi Bowl Fruit of the Day	Cheesy Flatbread Fruit of the Day