

February 2026

NEW WESTMINSTER MENU



Week 1	Monday 02/02	Tuesday 02/03	Wednesday 02/04	Thursday 02/05	Friday 02/06
Regular	Spaghetti with Beef Meatballs Fruit of the Day	Sweet and Sour Chicken Chow Mein Noodles Mixed Vegetables Fruit of the Day	Fish Burger Tator Tots Side Ketchup Fruit of the Day	Butter Chicken Rice Peas Fruit of the Day	Cheesy Flatbread Veggies and Dip Fruit of the Day
2nd Choice	Chicken Fingers Rice Corn Fruit of the Day	Bento Box with Hummus, Pita, Fresh Veggies & Cheese Fruit of the Day	Chicken Shawarma on Rice Pilaf Fruit of the Day	Falafel Ranch Salad Dinner Bun Fruit of the Day	Mac n' Dogs Carrot Coins Fruit of the Day
Vegetarian	Veggie Meatballs in Tomato Sauce Fruit of the Day	Bento Box with Hummus, Pita, Fresh Veggies & Cheese Fruit of the Day	Veggie Burger Tator Tots Side Ketchup Fruit of the Day	Butter Chickpeas Rice Peas Fruit of the Day	Cheesy Flatbread Veggies and Dip Fruit of the Day
Halal Friendly	Halal Chicken Fingers Rice Corn Fruit of the Day	Sweet and Sour Halal Chicken Chow Mein Noodles Mixed Vegetables Fruit of the Day	Halal Chicken Shawarma on Rice Pilaf	Butter Halal Chicken Rice Peas Fruit of the Day	Cheesy Flatbread Veggies and Dip Fruit of the Day

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Week 2	Monday 02/09	Tuesday 02/10	Wednesday 02/11	Thursday 02/12	Friday 02/13
Regular	French Toast Fruit of the Day Syrup	Honey Garlic Chicken Drumstick Rice Corn Fruit of the Day	Beef Taco Salad Box Fruit of the Day	Turkey Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Beef Meatballs Mashed Potato Corn Gravy Fruit of the Day
2nd Choice	Buttery Parmesan Penne Pasta Mixed Vegetables Fruit of the Day	Perogies Peas and Carrots Side Sour Cream Fruit of the Day	Cheesy Omelete Hash Brown Triangles Side Ketchup Fruit of the Day	Fish Sticks Rice Carrot Coins Fruit of the Day	Veggie Cobb Salad (Fresh vegetable salad with hard-boiled egg, garlic toast, and ranch dressing) Garlic Toast Fruit of the Day
Vegetarian	French Toast Fruit of the Day Syrup	Honey Garlic Tofu Rice Corn Fruit of the Day	Veggie Ground Taco Salad Box Fruit of the Day	Veggie Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Veggie Meatballs Mashed Potato Gravy Fruit of the Day
Halal Friendly	French Toast Fruit of the Day Syrup	Halal Honey Garlic Chicken Drumstick Rice Corn Fruit of the Day	Halal Beef Taco Salad Box Fruit of the Day	Halal Hot Dog Potato Wedges Side Ketchup Fruit of the Day	Halal Beef Meatballs Mashed Potato Gravy Fruit of the Day

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Week 3	Monday 02/16	Tuesday 02/17	Wednesday 02/18	Thursday 02/19	Friday 02/20
Regular	Family Day	Pro D-Day	Chicken Fried Rice Spring Roll Side Plum Sauce Fruit of the Day	Breakfast Burrito (Burrito with Egg, Cheese, Peppers, and Onion) Hash Brown Triangles Fruit of the Day	Chicken Burger Potato Wedges Side Ketchup Fruit of the Day
2 nd Choice			Spaghetti, Beef and Tomato Sauce Fruit of the Day	Chicken Caesar Salad Dinner Bun Fruit of the Day	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day
Vegetarian			Spaghetti and Tomato Sauce Fruit of the Day	Breakfast Burrito (Burrito with Egg, Cheese, Peppers, and Onion) Hash Brown Triangles Fruit of the Day	Veggie Burger Potato Wedges Side Ketchup Fruit of the Day
Halal Friendly			Halal Chicken Fried Rice Spring Roll Side Plum Sauce Fruit of the Day	Halal Chicken Ranch Salad Dinner Bun Fruit of the Day	Halal Chicken Burger Potato Wedges Side Ketchup Fruit of the Day

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Week 4	Monday 02/23	Tuesday 02/24	Wednesday 02/25	Thursday 02/26	Friday 02/27
Regular	Beef Meatball Submarine Sandwich Veggies and Dip Fruit of the Day	Pancakes Scrambled Eggs Syrup Fruit of the Day	Macaroni and Cheese Mixed Vegetables Fruit of the Day	Teriyaki Chicken Chow Mein Noodles Mixed Vegetables Fruit of the Day	Cheese Tortellini in Tomato Sauce Fruit of the Day
2nd Choice	Shepherd's Pie (seasoned beef filling with corn and peas and Creamy mashed potatoes) Fruit of the Day	Chicken Breast Ranch Wrap with Lettuce and Cucumber Fruit of the Day	BBQ Chicken Drumstick Rice Corn Fruit of the Day	Beef Chili Mashed Potato Corn Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Fruit of the Day
Vegetarian	Cheesy Pizza Submarine Sandwich Veggies and Dip Fruit of the Day	Pancakes Scrambled Eggs Syrup Fruit of the Day	Macaroni and Cheese Mixed Vegetables Fruit of the Day	Teriyaki Tofu Chow Mein Noodles Mixed Vegetables Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Fruit of the Day
Halal Friendly	Halal Beef Meatball Submarine Sandwich Veggies and Dip Fruit of the Day	Pancakes Scrambled Eggs Syrup Fruit of the Day	Halal BBQ Chicken Drumstick Rice Corn Fruit of the Day	Halal Teriyaki Chicken Chow Mein Noodles Mixed Vegetables Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Fruit of the Day