January 2026
NEW WESTMINSTER Lunch Menu

Week 1	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09
Regular	Beef Meatball Tator Tot Poutine Fruit of the Day	Crunchy Chicken Ranch Wrap Fruit of the Day	Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Pancakes Turkey Sausage Syrup Fruit of the Day	Chicken Teriyaki Noodle Bowl Broccoli, Cauliflower, Carrots Fruit of the Day
2nd Choice	Chicken Mozzarella Pasta Fruit of the Day	Sunshine Burger (Egg and Cheese on a Bun) Potato Wedges Fruit of the Day	Nacho Party Plate (Salsa, Sour Cream and Cheese) 3 Layered Dip Fruit of the Day	Rosé Penne Pasta (Penne Pasta with Creamy Tomato Sauce) Fruit of the Day	Farmer's Fruit and Veggie Plate Chicken Nuggets
Vegetarian	Veggie Meatball Tator Tot Poutine Fruit of the Day	Sunshine Burger (Egg and Cheese on a Bun) Potato Wedges Fruit of the Day	Nacho Party Plate (Salsa, Sour Cream and Cheese) 3 Layered Dip Fruit of the Day	Rosé Penne Pasta (Penne Pasta with Creamy Tomato Sauce) Fruit of the Day	Tofu Teriyaki Noodle Bowl Broccoli, Cauliflower, Carrots Fruit of the Day
Halal Friendly	Halal Beef Meatball Tator Tot Poutine Fruit of the Day	Halal Crunchy Chicken Ranch Wrap Fruit of the Day	Halal Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Pancakes Yogurt Syrup Fruit of the Day	Halal Chicken Teriyaki Noodle Bowl Broccoli, Cauliflower, Carrots Fruit of the Day

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Week 2	Monday 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16
Regular	Sweet and Sour Chicken Chow Mein Noodles Broccoli, Green beans, Carrots, Onions. Red Bell Peppers, Mushrooms Fruit of the Day	Mac n' Dogs Macaroni & Cheese & Chicken/Turkey Dog Green beans, Yellow and Orange Carrots Fruit of the Day	Chicken Fried Rice Spring Roll Fruit of the Day	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Turkey Hot Dog Veggies and Dip Fruit of the Day
2nd Choice	Cheesy Omelet Hash Brown Triangles Fruit of the Day	Farmer's Fruit and Veggie Plate Chicken Nuggets	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day	Chicken Salad Sandwich Veggies and Dip Fruit of the Day	Butter Chicken Rice Peas Fruit of the Day
Vegetarian	Cheesy Omelet Hash Brown Triangles Fruit of the Day	Macaroni and Cheese Green beans, Yellow and Orange Carrots Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day	Vegetarian Goulash (Veggie Ground Round and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Butter Chickpea Rice Peas Fruit of the Day
Halal Friendly	Sweet and Sour Chicken Chow Mein Noodles Broccoli, Green beans, Carrots, Onions. Red Bell Peppers, Mushrooms Fruit of the Day	Halal Farmer's Fruit and Veggie Plate Chicken Nuggets	Halal Chicken Fried Rice Spring Roll Fruit of the Day	Halal Chicken Salad Sandwich Veggies and Dip Fruit of the Day	Halal Butter Chicken Rice Peas Fruit of the Day

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NEW WESTMINSTER Lunch Menu

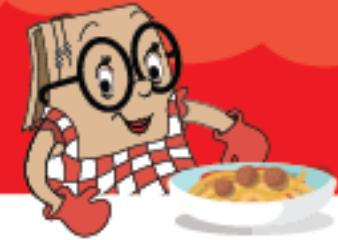| Week 3	Monday 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23
Regular	Beef Meatballs Mashed Potato Corn Gravy Fruit of the Day	Chicken Shawarma Rice Pilaf Fruit of the Day	Buttery Parmesan Pasta Veggies and Dip Fruit of the Day	Topsy Turvy Pasta (Pasta with Tomato Sauce and Ground Beef) Fruit of the Day	BBQ Chicken Drumstick Rice Corn Fruit of the Day
2nd Choice	Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String, & Dip) Apple Slices	Turkey Deli, Cheese, and Tomato Bagel Fruit of the Day	Honey Garlic Chicken Rice Peas and Carrots Fruit of the Day	Beef Taco Salad Box Fruit of the Day
Vegetarian	Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String, & Dip) Apple Slices	Buttery Parmesan Pasta Veggies and Dip Fruit of the Day	Veggie Topsy Turvy Pasta (Pasta with Tomato Sauce and Veggie Ground Round) Fruit of the Day	Veggie Ground Taco Salad Box Fruit of the Day
Halal Friendly	Halal Beef Meatballs Mashed Potato Corn Gravy Fruit of the Day	Halal Chicken Shawarma Rice Pilaf Fruit of the Day	Halal Chicken Deli, Cheese, and Tomato Bagel Fruit of the Day	Halal Topsy Turvy Pasta (Pasta with Tomato Sauce and Halal Ground Beef) Fruit of the Day	BBQ Halal Chicken Drumstick Rice Corn Fruit of the Day

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Week 4	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30
Regular	Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Tuna Sushi Bowl (Edamame, Rice, Corn, Tuna Salad, Carrots, Sriracha Mayonnaise) Fruit of the Day	Breakfast Burrito Hash Brown Triangles Fruit of the Day	Chicken Teriyaki Noodle Bowl Broccoli, Cauliflower, Carrots Fruit of the Day	Beef Chili Rice Cheese Fruit of the Day
2ⁿᵈ Choice	Crunchy Chicken Ranch Salad Fruit of the Day	Cheese Tortellini with Tomato Sauce Fruit of the Day	Creamy Chicken Pasta Fruit of the Day	Tuna Salad Sandwich Sliced Cucumbers Fruit of the Day	French Toast Fruit of the Day Syrup
Vegetarian	Veggie Chick'n Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Cheese Tortellini with Tomato Sauce Fruit of the Day	Breakfast Burrito Hash Brown Triangles Fruit of the Day	Egg Salad Sandwich Sliced Cucumbers Fruit of the Day	Veggie Bean Chili Rice Cheese Fruit of the Day
Halal Friendly	Halal Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Halal Tuna Sushi Bowl (Edamame, Rice, Corn, Tuna Salad, Carrots, Sriracha Mayonnaise) Fruit of the Day	Creamy Halal Chicken Pasta Fruit of the Day	Halal Chicken Teriyaki Noodle Bowl Broccoli, Cauliflower, Carrots Fruit of the Day	French Toast Fruit of the Day Syrup

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