



New Westminster Menu – October 2026

				Thursday Oct 1	Friday Oct 2
Regular				Beef Meatballs Mashed Potato Corn Gravy Fruit of the Day	Cheese Tortellini in Tomato Sauce Fruit of the Day
2nd Choice				Beef Meatballs Mashed Potato Corn Gravy Fruit of the Day	Cheese Tortellini in Tomato Sauce Fruit of the Day
3rd Choice				Pancakes Yogurt Syrup Fruit of the Day	
Vegetarian				Veggie Meatballs Mashed Potato Corn Gravy Fruit of the Day	Cheese Tortellini in Tomato Sauce Fruit of the Day
Halal Friendly				Halal Chicken Shawarma Rice Pilaf Fruit of the Day	Halal Chicken Ranch Salad Dinner Bun Fruit of the Day

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New Westminster Menu – October 2026

	Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9
Regular	Spaghetti with Beef Meatballs Fruit of the Day	Honey Garlic Chicken Rice Peas & Carrots Fruit of the Day	Chicken Fried Rice Spring Roll Plum Sauce Fruit of the Day	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	BBQ Chicken Drumstick Mashed Potato Corn Fruit of the Day
2nd Choice	Farmer's Fruit and Veggie Plate Egg and Cheese	Grilled Cheese on Texas Toast Fresh Veggies & Dip Ketchup Fruit of the Day	Egg Salad Sandwich Sliced Cucumbers Fruit of the Day	French Toast Fruit of the Day Syrup	Mac n' Dogs Mixed Vegetables Fruit of the Day
3rd Choice	Cheesy Flatbread Fruit of the Day				
Vegetarian	Farmer's Fruit and Veggie Plate Hummus	Grilled Cheese on Texas Toast Fresh Veggies a& Dip Ketchup Fruit of the Day	Egg Salad Sandwich Sliced Cucumbers Fruit of the Day	French Toast Fruit of the Day Syrup	Macaroni & Cheese Mixed Vegetables Fruit of the Day
Halal Friendly	Spaghetti with Halal Beef Meatballs Fruit of the Day	Halal Honey Garlic Chicken Rice Peas & Carrots Fruit of the Day	Halal Chicken Fried Rice Spring Roll Plum Sauce Fruit of the Day	Halal Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Halal BBQ Chicken Drumstick Mashed Potato Corn Fruit of the Day

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New Westminster Menu – October 2026

	Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16
Regular	No Service Day – Thanksgiving 	Chicken Teriyaki Rice Mixed Vegetables Fruit of the Day	Chicken Nuggets Warm Bun Veggies & Dip Fruit of the Day Plum Sauce	Beef Chili Rice Fruit of the Day	Chicken Hot Dog Veggies & Dip Snack Mix (Dried fruits & Cereal)
2nd Choice		Cheesy Omelette Warm Dinner Bun Fruit of the Day	Beef Meatball Submarine Sandwich Veggies & Dip Fruit of the Day	Rosé Penne Pasta (Penne Pasta with Tomato Sauce) Fruit of the Day	Greek Chicken Pasta Salad Snack Mix (Dried fruits & Cereal)
3rd Choice		Macaroni & Cheese Mixed Vegetables Fruit of the Day			
Vegetarian		Tofu Teriyaki Rice Mixed Vegetables Fruit of the Day	Veggie Meatball Submarine Sandwich Veggies & Dip Fruit of the Day	Bean Chili Rice Fruit of the Day	Greek Pasta Salad Snack Mix (Dried fruits & Cereal)
Halal Friendly		Halal Chicken Teriyaki Rice Mixed Vegetables Fruit of the Day	Halal Chicken Nuggets Warm Bun Veggies & Dip Fruit of the Day Plum Sauce	Halal Beef Chili Rice Fruit of the Day	Halal Chicken Hot Dog Veggies & Dip Snack Mix (Dried fruits & Cereal)

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New Westminster Menu – October 2026

	Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
Regular	Beefaroni Fruit of the Day	Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day	Breakfast Burrito Hash Brown Triangles Side Ketchup Fruit of the Day	No Service Day – Professional Development Day
2nd Choice	Cheesy Omelette Warm Dinner Bun Fruit of the Day	Nacho Party Plate 3 Layered Dip Fruit of the Day	Sunshine Burger Potato Wedges Side Ketchup Fruit of the Day	Butter Chicken Rice Peas Fruit of the Day	
3rd Choice	Beef Meatballs with Mashed Potato & Gravy Corn Fruit of the Day				
Vegetarian	Vegaroni Fruit of the Day	Nacho Party Plate 3 Layered Dip Fruit of the Day	Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day	Butter Chickpea Rice Peas Fruit of the Day	
Halal Friendly	Halal Beefaroni Fruit of the Day	Halal Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Halal Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day	Halal Breakfast Burrito Hash Brown Triangles Fruit of the Day	

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New Westminster Menu – October 2026

	Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30
Regular	Chicken Teriyaki Noodle Bowl Mixed Vegetables Fruit of the Day	Spaghetti & Tomato Sauce Fruit of the Day	Sweet & Sour Chicken Chow Mein Noodles Mixed Vegetables Fruit of the Day	Chicken Mozzarella Pasta Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies & Dip Ketchup Fruit of the Day
2nd Choice	Garden Hummus & Veggie Wrap Fruit of the Day	Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String, & Dip) Apple Slices	French Toast Fruit of the Day Syrup	Chicken Caesar Salad Dinner Bun Fruit of the Day
3rd Choice	Pancakes & Syrup Yogurt Fruit of the Day				
Vegetarian	Garden Hummus & Veggie Wrap Fruit of the Day	Spaghetti & Tomato Sauce Fruit of the Day	Hummus Box (Hummus, Pita, Fresh Veggies, Cheese String, & Dip) Apple Slices	French Toast Fruit of the Day Syrup	Grilled Cheese on Texas Toast Fresh Veggies & Dip Ketchup Fruit of the Day
Halal Friendly	Halal Chicken Teriyaki Noodle Bowl Mixed Vegetables Fruit of the Day	Spaghetti & Tomato Sauce Fruit of the Day	Halal Sweet & Sour Chicken Chow Mein Noodles Mixed Vegetables	Halal Chicken Mozzarella Pasta Fruit of the Day	Halal Chicken Ranch Salad Dinner Bun Fruit of the Day

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