

November 2026

NEW WESTMINSTER



Week 1	Monday 11/02	Tuesday 11/03	Wednesday 11/04	Thursday 11/05	Friday 11/06
Regular	French Toast Fruit of the Day Syrup	Spaghetti with Beef Meatballs and Tomato Sauce Fruit of the Day	BBQ Chicken Mashed Potato Corn Fruit of the Day	Cheesy Omelet Warm Dinner Bun Fruit of the Day	Chicken Fried Rice Spring Roll Fruit Plum Sauce
2nd Choice	Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Perogies (Potato and Cheese filling) Peas and Carrots Side Sour Cream Fruit of the Day	Crunchy Chicken Ranch Wrap Fruit of the Day	Honey Garlic Chicken Drumstick Rice Corn Fruit of the Day	Beef Chili and Baked Potato Fruit of the Day
3rd Choice	Macaroni and Cheese Mixed Vegetables Fruit of the Day				
Vegetaria n	French Toast Fruit of the Day Syrup	Spaghetti with Veggie Meatballs and Tomato Sauce Fruit of the Day	Crunchy Veggie Chick'n Ranch Wrap Fruit of the Day	Cheesy Omelet Warm Dinner Bun Fruit of the Day	Veggie Chili and Baked Potato Fruit of the Day
Halal Friendly	Halal Fish Sticks Rice Carrot Coins Side Ketchup Fruit of the Day	Halal Spaghetti with Veggie Meatballs and Tomato Sauce Fruit of the Day	Halal BBQ Chicken Mashed Potato Corn Fruit of the Day	Halal Honey Garlic Chicken Drumstick Rice Corn Fruit of the Day	Halal Chicken Fried Rice Spring Roll Fruit Plum Sauce

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Week 2	Monday 11/09	Tuesday 11/10	Wednesday 11/11	Thursday 11/12	Friday 11/13
Regular	Buttery Parmesan Penne Pasta Mixed Vegetables Fruit of the Day	Sweet and Sour Chicken Rice Mixed Vegetables Fruit of the Day	Remembrance Day	Breakfast Burrito (Egg Patty and Cheese wrapped in Tortilla) Hashbrown Triangles Side Ketchup Fruit of the Day	Mac n' Dogs (Macaroni and Cheese with Hot Dog) Carrot Coins Fruit of the Day
2nd Choice	Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Sunshine Sandwich (Egg Patty and Cheddar Cheese Sandwich) Potato Wedges Side Ketchup Fruit of the Day		Creamy Chicken Pasta Fruit of the Day	Chicken Breast Caesar Wrap Fruit of the Day
3rd Choice	French Toast Fruit of the Day Syrup	French Toast Fruit of the Day Syrup		French Toast Fruit of the Day Syrup	French Toast Fruit of the Day Syrup
Vegetarian	Buttery Parmesan Penne Pasta Mixed Vegetables Fruit of the Day	Sunshine Sandwich (Egg Patty and Cheddar Cheese Sandwich) Potato Wedges Side Ketchup Fruit of the Day		Breakfast Burrito (Egg Patty and Cheese wrapped in Tortilla) Hashbrown Triangles Side Ketchup Fruit of the Day	Macaroni and Cheese Carrot Coins Fruit of the Day
Halal Friendly	Halal Chicken Burger Potato Wedges Fruit of the Day Side Ketchup Side Mayonnaise	Halal Sweet and Sour Chicken Rice Mixed Vegetables Fruit of the Day		Halal Creamy Chicken Pasta Fruit of the Day	Halal Chicken Breast Caesar Wrap Fruit of the Day

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Week 3	Monday 11/16	Tuesday 11/17	Wednesday 11/18	Thursday 11/19	Friday 11/20
Regular	French Toast Fruit of the Day Syrup	Chicken Shawarma Wrap (Tortilla Wrap with Chicken and Coleslaw) Fruit of the Day	Meatball Submarine Veggies and Dip Fruit of the Day	Chicken Nuggets Warm Dinner Bun Fresh Veggies and Dip Fruit of the Day Plum Sauce	Cheese Tortellini with Tomato Sauce Fruit of the Day
2nd Choice	Butter Chicken Rice Peas Fruit of the Day	Topsy Turvy Pasta (Rotini Pasta with Tomato Sauce and Ground Beef) Fruit of the Day	Chicken Teriyaki Noodle Bowl Fresh Veggies and Dip Fruit of the Day	Cheesy Flatbread Fruit of the Day	Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day
3rd Choice	Pancakes Yogurt Fruit of the Day Syrup				
Vegetarian	French Toast Fruit of the Day Syrup	Veggie Topsy Turvy Pasta (Rotini Pasta with Tomato Sauce and Veggie Ground Round) Fruit of the Day	Tofu Teriyaki Noodle Bowl Fresh Veggies and Dip Fruit of the Day	Veggie Chick'n Nuggets Warm Dinner Bun Fresh Veggies and Dip Fruit of the Day Plum Sauce	Cheese Tortellini with Tomato Sauce Fruit of the Day
Halal Friendly	Halal Butter Chicken Rice Peas Fruit of the Day	Halal Chicken Shawarma Wrap (Tortilla Wrap with Halal Chicken and Coleslaw) Fruit of the Day	Halal Meatball Submarine Veggies and Dip Fruit of the Day	Cheesy Flatbread Fruit of the Day	Halal Scoobi Doo Pasta (Scoobi Doo Pasta with Tomato Sauce) Fruit of the Day

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Week 4	Monday 11/23	Tuesday 11/24	Wednesday 11/25	Thursday 11/26	Friday 11/27
Regular	Professional Development Day	Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Chicken Hot Dog Potato Wedges Side Ketchup Fruit of the Day Potato Chips	Spaghetti in Tomato Sauce Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day
2nd Choice		Garden Veggie and Cheese Wrap Fruit of the Day	Shepherd's Pie (Pie with Ground Beef and vegetable filling with Mashed Potatoes and Gravy) Fruit of the Day	Fish Burger Tator Tots Side Ketchup Fruit of the Day	Chicken Mozzarella Pasta (Rotini Pasta with Tomato Sauce, Chicken, and Mozzarella) Fruit of the Day
3rd Choice		Cheesy Flatbread Fruit of the Day	Cheesy Flatbread Fruit of the Day	Cheesy Flatbread Fruit of the Day	Cheesy Flatbread Fruit of the Day
Vegetarian		Garden Veggie and Cheese Wrap Fruit of the Day	Veggie Hot Dog Potato Wedges Side Ketchup Fruit of the Day Potato Chips	Spaghetti in Tomato Sauce Fruit of the Day	Grilled Cheese on Texas Toast Fresh Veggies and Dip Ketchup Fruit of the Day
Halal Friendly		Halal Beef Goulash (Beef and Macaroni in a mild-spiced tomato sauce) Fruit of the Day	Halal Shepherd's Pie (Pie with Halal Ground Beef and vegetable filling with Mashed Potatoes and Gravy) Fruit of the Day	Halal Fish Burger Tator Tots Side Ketchup Fruit of the Day	Halal Chicken Mozzarella Pasta (Rotini Pasta with Tomato Sauce, Chicken, and Mozzarella) Fruit of the Day

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Week 5	Monday 11/30	Tuesday	Wednesday	Thursday	Friday
Regular	Beef Meatball Mashed Potato Corn Gravy Fruit of the Day				
2nd Choice	Rosé Penne Pasta (Penne Pasta with Tomato and Cream Sauce) Fruit of the Day				
3rd Choice	Macaroni and Cheese Mixed Vegetables Fruit of the Day				
Vegetarian	Rosé Penne Pasta (Penne Pasta with Tomato and Cream Sauce) Fruit of the Day				
Halal Friendly	Halal Beef Meatball Mashed Potato Corn Gravy Fruit of the Day				