NOVEMBER 2026

HOT LUNCH PROGRAM

MON	TUE	WED	THU	FRI
2 **Cheesy Broccoli Shells** Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good **Vegetarian**	**3** **Chili Crunch Lunch** Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit **Vegetarian: Three Bean Chili**	**4** **Baked Salmon Surprise** Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit **Vegetarian: Lentil Croquette**	**5** **Mediterranean Souvlaki** Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit **Vegetarian: Paneer Lemon Souvlaki**	**6** **Chicken Adobo** Chicken Adobo, and Rice, Green Beans, and Fresh Fruit **Veg: Tempeh Adobo**
9 **Parmesan Tomato Ragu** Fusilli tossed in a Tomato and Parmesan sauce, Seasonal Vegetables, and a Baked Good. **Vegetarian**	**10** **Beef Bulgogi Rice Bowl** Beef served over Rice with Carrots, Cucumber, and Fresh Fruit **Vegetarian: Tempeh Bulgogi**	**11** **Turkey Sweet Potato Meatballs** Turkey and Sweet Potato Meatballs tossed in a Sweet and Sour Sauce, Garlic Herb Noodles, Fresh Crudité and Fruit **Vegetarian: Cauliflower Quinoa Balls**	**12** **Butter Chicken with Rice** Chicken in a Tomato Sauce, Rice, Seasonal Vegetables, and Fresh Fruit **Vegetarian: Chana Masala**	**13** **BBQ Chicken Sandwich** BBQ Chicken served on a Whole Wheat Bun, Caesar salad and a Baked Good **Vegetarian: BBQ Tofu Bites**
16 **Cozy Comfort Mac & Cheese** Creamy Butternut Mac & Cheese, Edamame and Corn, Fresh Baked Good **Vegetarian**	**17** **Taco Time!** Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and a Baked Good **Vegetarian: Refried Beans Taco**	**18** **Tropical Crunch Cod** Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit **Vegetarian: Coconut Chickpea Curry**	**19** **Picnic Lunch** Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit **Vegetarian: Cocoa Sunbutter & Banana Sandwich**	**20** **Chicken Alfredo** Chicken Alfredo with Penne, Italian Salad, and a Baked Good **Vegetarian: White Bean Alfredo**
23 **Soy Ginger Noodle Bowl** Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and a Baked Good **Vegetarian**	**24** **Hearty Pasta Bolognese** Beef Bolognese over Pasta, Caesar Salad, Fresh Fruit **Vegetarian: Lentil Bolognese**	**25** **Turkey Burger BBQ** Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit **Vegetarian: Meatless Burger**	**26** **Teriyaki Chicken** Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit **Vegetarian: Tofu Teriyaki**	**27** **Chicken Pita** Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good **Vegetarian: Falafel**

SEASONAL FAVOURITE FLAVOURS

We love cozy autumn flavours! This month, expect to find apples and pears popping up everywhere, sweet potato and squash adding a little seasonal goodness to our baked treats, and pumpkin spice making an appearance wherever it can.

YUM THIS MONTH!

Turkey Sweet Potato Meatballs

Meatballs are always a kid favourite! Our recipes uses sweet potato instead of breadcrumbs; it's a wholesome swap that helps bind the meatballs and gives them a lovely tender texture.

QUESTIONS? CALL THE KITCHEN AT 226-503-8473