

MON	TUE	WED	THU	FRI
7 Labour Day	8 Taco Time! Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco	9 Tropical Crunch Cod Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	10 Picnic Lunch Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	11 Chicken Alfredo Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
14 Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian	15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese	16 Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Veg : Meatless Burger	17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki	18 Chicken Pita Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel
21 Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	22 Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara	23 Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	25 Warm Persian Beef and Carrots Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots
28 Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian	29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	30 Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	2 Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo

WHAT'S NEW COOKING THIS MONTH?

Soy Ginger Noodle Bowl

- A colourful, slurpable new favourite! Soy-ginger noodles are tossed with edamame, carrots and cabbage, then served with a hard-boiled egg and fresh fruit.

Veggie Fried Rice

- The chefs' favourite staff meal! Stir-fried rice with egg and crunchy vegetables, served alongside broccoli and a scratch-made baked good.

Lemon Chicken and Noodles

- Bright, fresh and full of flavour! Lemon-herb chicken is served with spinach pesto noodles, green beans and fresh fruit.

YUM THIS MONTH!

Mediterranean Souvlaki

- A fresh Mediterranean-inspired lunch! Lemony souvlaki chicken is tucked into a soft pita and served with a crunchy Greek inspired salad and fresh fruit.

SEPTEMBER 2026



HOT LUNCH PROGRAM

Emily Carr Lane

MON	TUE	WED	THU	FRI
Labour Day 7	Taco Time! 8 Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco	Tropical Crunch Cod 9 Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	Picnic Lunch 10 Chicken and Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	Chicken Alfredo 11 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
Soy Ginger Noodle Bowl 14 Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian	Hearty Pasta Bolognese 15 Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese	Turkey Burger BBQ 16 Turkey burger on a Whole Wheat Bun, Crudit� Vegetables, and Fresh Fruit Veg : Meatless Burger	Teriyaki Chicken 17 Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki	Chicken Pita 18 Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel
Veggie Fried Rice 21 Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	Italian Beef Bun 22 Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudit�s, and Fruit Vegetarian: Lentil Marinara	Maple Mustard Chicken 23 Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudit�, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Lemon Chicken and Noodles 24 Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	Warm Persian Beef and Carrots 25 Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots
Cheesy Broccoli Shells 28 Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian	Chili Crunch Lunch 29 Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	Baked Salmon Surprise 30 Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	Mediterranean Souvlaki 1 Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	Chicken Adobo 2 Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo

WHAT'S NEW COOKING THIS MONTH?

Soy Ginger Noodle Bowl

- A colourful, slurpable new favourite! Soy-ginger noodles are tossed with edamame, carrots and cabbage, then served with a hard-boiled egg and fresh fruit.

Veggie Fried Rice

- The chefs' favourite staff meal! Stir-fried rice with egg and crunchy vegetables, served alongside broccoli and a scratch-made baked good.

Lemon Chicken and Noodles

- Bright, fresh and full of flavour! Lemon-herb chicken is served with spinach pesto noodles, green beans and fresh fruit.

YUM THIS MONTH!

Mediterranean Souvlaki

- A fresh Mediterranean-inspired lunch! Lemony souvlaki chicken is tucked into a soft pita and served with a crunchy Greek inspired salad and fresh fruit.

QUESTIONS? CALL THE KITCHEN AT 226-503-8473

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14	15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese	16	17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki	18
21	22 Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, and Fruit Vegetarian: Lentil Marinara	23	24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	25
28	29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	30	1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	2

WHAT'S NEW COOKING THIS MONTH?

Soy Ginger Noodle Bowl

- A colourful, slurpable new favourite! Soy-ginger noodles are tossed with edamame, carrots and cabbage, then served with a hard-boiled egg and fresh fruit.

Veggie Fried Rice

- The chefs' favourite staff meal! Stir-fried rice with egg and crunchy vegetables, served alongside broccoli and a scratch-made baked good.

Lemon Chicken and Noodles

- Bright, fresh and full of flavour! Lemon-herb chicken is served with spinach pesto noodles, green beans and fresh fruit.

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Mediterranean Souvlaki

- A fresh Mediterranean-inspired lunch! Lemony souvlaki chicken is tucked into a soft pita and served with a crunchy Greek inspired salad and fresh fruit.

SEPTEMBER 2026



HOT LUNCH PROGRAM

Preschool of the Arts

MON	TUE	WED	THU	FRI
Labour Day 7	Taco Time! 8 Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco	Tropical Crunch Cod 9 Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	Picnic Lunch 10 Chicken and Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	Chicken Alfredo 11 Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
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Veggie Fried Rice 21 Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	Italian Beef Bun 22 Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudit�s, Fruit Vegetarian: Lentil Marinara	Maple Mustard Chicken 23 Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudit�, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	Lemon Chicken and Noodles 24 Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	Warm Persian Beef and Carrots 25 Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots
Cheesy Broccoli Shells 28 Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian	Chili Crunch Lunch 29 Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	Baked Salmon Surprise 30 Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	Mediterranean Souvlaki 1 Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	Chicken Adobo 2 Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo

WHAT'S NEW COOKING THIS MONTH?

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Veggie Fried Rice

- The chefs' favourite staff meal! Stir-fried rice with egg and crunchy vegetables, served alongside broccoli and a scratch-made baked good.

Lemon Chicken and Noodles

- Bright, fresh and full of flavour! Lemon-herb chicken is served with spinach pesto noodles, green beans and fresh fruit.

YUM THIS MONTH!

Mediterranean Souvlaki

- A fresh Mediterranean-inspired lunch! Lemony souvlaki chicken is tucked into a soft pita and served with a crunchy Greek inspired salad and fresh fruit.

QUESTIONS? CALL THE KITCHEN AT 226-503-8473

SEPTEMBER 2026



HOT LUNCH PROGRAM

Lambeth Village Co-op Preschool

MON	TUE	WED	THU	FRI
Labour Day 7	Taco Time! 8 Seasoned Beef Tacos with Lettuce, Cheese, Salsa, and Corn Vegetarian: Refried Beans Taco	Tropical Crunch Cod 9 Coconut-Crusted Cod, Rice and Seasonal Vegetables Vegetarian: Coconut Chickpea Curry	Picnic Lunch 10 Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch Vegetarian: Cocoa Sunbutter & Banana Sandwich	Chicken Alfredo 11 Chicken Alfredo with Penne, Italian Salad Vegetarian: White Bean Alfredo
Soy Ginger Noodle Bowl 14 Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage Vegetarian	Hearty Pasta Bolognese 15 Beef Bolognese over Pasta, Caesar Salad Vegetarian: Lentil Bolognese	Turkey Burger BBQ 16 Turkey burger on a Whole Wheat Bun, Crudité Vegetables Veg : Meatless Burger	Teriyaki Chicken 17 Chicken Teriyaki, Red Peppers and Broccoli, Rice Veg: Tofu Teriyaki	Chicken Pita 18 Chicken Shawarma, Pita Bread, Romaine Salad, Veg: Falafel
Veggie Fried Rice 21 Egg and Vegetable Fried Rice, Broccoli Vegetarian	Italian Beef Bun 22 Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités Vegetarian: Lentil Marinara	Maple Mustard Chicken 23 Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité Vegetarian: Honey Mustard Tofu Fingers	Lemon Chicken and Noodles 24 Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans Vegetarian: Sweet Potato Fritters	Warm Persian Beef and Carrots 25 Beef and Carrots, Rice and Seasonal Vegetables Vegetarian: Persian-Spiced Lentils with Carrots
Cheesy Broccoli Shells 28 Cream of Broccoli and Cheddar Pasta Shells with Carrots Vegetarian	Chili Crunch Lunch 29 Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad Vegetarian: Three Bean Chili	Baked Salmon Surprise 30 Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables Vegetarian: Lentil Croquette	Mediterranean Souvlaki 1 Lemon Souvlaki Chicken in a Pita, Greek Salad Vegetarian: Paneer Lemon Souvlaki	Chicken Adobo 2 Chicken Adobo, and Rice, Green Beans Veg: Tempeh Adobo

WEEKLY SNACK MENU

MONDAY

AM SNACK
CEREAL
FRUIT

TUESDAY

AM SNACK
YOGURT
FRUIT

WEDNESDAY

AM SNACK
KAMUT PUFFS
FRUIT

THURSDAY

AM SNACK
EGG BITE
FRUIT

FRIDAY

AM SNACK
BAGEL
APPLESAUCE

QUESTIONS? CALL THE KITCHEN AT 226-503-8473

SEPTEMBER 2026



HOT LUNCH PROGRAM Waldorf

MON	TUE	WED	THU	FRI
7 Labour Day	8	9 Tropical Crunch Cod Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	10 Picnic Lunch Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	11 Chicken Alfredo Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo
14 Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian	15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese	16 Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Veg : Meatless Burger	17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki	18 Chicken Pita Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel
21 Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	22 Italian Beef Bun Beef in marinara sauce on a whole wheat bun, mozzarella, crudités, fruit Vegetarian: Lentil Marinara	23 Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	25 Warm Persian Beef and Carrots Beef & Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots
28 Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian	29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	30 Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	2 Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo

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Soy Ginger Noodle Bowl

- A colourful, slurpable new favourite! Soy-ginger noodles are tossed with edamame, carrots and cabbage, then served with a hard-boiled egg and fresh fruit.

Veggie Fried Rice

- The chefs' favourite staff meal! Stir-fried rice with egg and crunchy vegetables, served alongside broccoli and a scratch-made baked good.

Lemon Chicken and Noodles

- Bright, fresh and full of flavour! Lemon-herb chicken is served with spinach pesto noodles, green beans and fresh fruit.

YUM THIS MONTH!

Mediterranean Souvlaki

- A fresh Mediterranean-inspired lunch! Lemony souvlaki chicken is tucked into a soft pita and served with a crunchy Greek inspired salad and fresh fruit.

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SEPTEMBER 2026



HOT LUNCH PROGRAM

Montessori Academy

MON	TUE	WED	THU	FRI
Labour Day 7	Taco Time! Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco 8	Tropical Crunch Cod Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry 9	Picnic Lunch Chicken and Cheddar Sandwiches, Fresh Crudit� with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich 10	Chicken Alfredo Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo 11
Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian 14	Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese 15	Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudit� Vegetables, and Fresh Fruit Veg : Meatless Burger 16	Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki 17	Chicken Pita Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel 18
Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian 21	Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudit�s, Fruit Vegetarian: Lentil Marinara 22	Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudit�, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers 23	Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters 24	Warm Persian Beef and Carrots Beef & Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots 25
Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian 28	Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili 29	Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette 30	Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki 1	Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo 2

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SEPTEMBER 2026



HOT LUNCH PROGRAM

Gibbons Park Montessori

MON	TUE	WED	THU	FRI
7 Labour Day	8 Taco Time! Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco	9 Tropical Crunch Cod Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry	10 Picnic Lunch Chicken & Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	11
14 Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian	15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese	16 Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Vegetarian : Meatless Burger	17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Vegetarian: Tofu Teriyaki	18
21 Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian	22 Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara	23 Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	25
28 Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian	29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili	30 Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette	1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	2

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Soy Ginger Noodle Bowl

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Veggie Fried Rice

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SEPTEMBER 2026



HOT LUNCH PROGRAM NORTHWEST

MON		TUE		WED		THU		FRI	
AM Snack	PM Snack	AM Snack	PM Snack	AM Snack	PM Snack	AM Snack	PM Snack	AM Snack	PM Snack
Cereal	Cheese	Fruit	Rice Cake	Kamut puffs	Pita, Hummus	Egg bite	Chickpea Crackers	Bagel	Crudite
Fruit	Crudite	Yogurt	Crudite	Fruit	Crudite	Fruit	Crudite	Applesauce	Yogurt Dip
7		8		9		10		11	
Labour Day									
14		15		16		17		18	
Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian		Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese		Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Vegetarian: Meatless Burger		Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Vegetarian: Tofu Teriyaki		Chicken Pita Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel	
21		22		23		24		25	
Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian		Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara		Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers		Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters		Warm Persian Beef and Carrots Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots	
28		29		30		1		2	
Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian		Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili		Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette		Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki		Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Vegetarian: Tempeh Adobo	

SEPTEMBER 2026



HOT LUNCH PROGRAM LA RIBAMBELLE

MON		TUE		WED		THU		FRI	
AM Snack Cereal Fruit	PM Snack Cheese Crudite	AM Snack Fruit Yogurt	PM Snack Rice Cake Crudite	AM Snack Kamut puffs Fruit	PM Snack Pita, Hummus Crudite	AM Snack Egg bite Fruit	PM Snack Chickpea Crackers Crudite	AM Snack Bagel Applesauce	PM Snack Crudite Yogurt Dip
Labour Day 7		8 Taco Time! Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco		9 Tropical Crunch Cod Coconut-Crusted Cod, Rice and Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry		10 Picnic Lunch Chicken and Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich		11 Chicken Alfredo Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo	
		14 Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian		15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese		16 Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Vegetarian: Meatless Burger		17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Vegetarian: Tofu Teriyaki	
21 Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian		22 Italian Beef Bun Beef in Marinara Sauce on a Whole Wheat Bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara		23 Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, and Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers		24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters		25 Warm Persian Beef and Carrots Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots	
28 Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian		29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili		30 Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes and Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette		1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki		2 Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Vegetarian: Tempeh Adobo	

SEPTEMBRE 2026



HOT LUNCH PROGRAM LA RIBAMBELLE

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
Collation de matin Céréales Fruit	Collation d'après-midi Fromage Crudité	Collation de matin Fruit Yogourt	Collation d'après-midi Galette de riz Crudité	Collation de matin Blé soufflé kamut Fruit	Collation d'après-midi Pita, Hummus Crudité	Collation de matin Bouchées aux œufs Fruit	Collation d'après-midi Croustilles de pois chiches Crudité	Collation de matin Bagel Purée de pommes	Collation d'après-midi Crudité Sauce au yogourt
7 La Fête du Travail		8 Fiesta des tacos! Tacos au bœuf assaisonné, avec de la laitue, du fromage, de la salsa, du maïs et des fruits frais Végétarien: Taco aux haricots frits		9 Morue tropicale Morue en croûte de noix de coco, riz et légumes de saison, fruits frais Végétarien: Curry de noix de coco avec pois chiches		10 Dîner pique-nique Sandwichs au poulet et au cheddar, crudités avec sauce ranch, fruits frais Végétarien: Sandwich au Sunbutter de cacao et banane		11 Poulet Alfredo Poulet Alfredo avec penne, salade italienne, pâtisserie Végétarien: Alfredo aux haricots blancs	
14 Bol de nouilles au soja et au gingembre Nouilles au soja et au gingembre, Œuf dur et edamame, crudités de carottes et de concombres, fruits Végétarien: Tofu mariné		15 Pâtes à la bolognaise Bolognaise de bœuf sur pâtes, légumes de saison, pâtisserie Végétarien: Bolognaise aux lentilles		16 Journée burger Burgers de dinde sur pain de blé entier, crudités, fruits frais Végétarien: burger végétarien		17 Poulet teriyaki Poulet teriyaki, poivrons rouges et brocoli, riz, fruits Végétarien: Tofu teriyaki		18 Shawarma au poulet Shawarma au poulet dans un pain pita, salade romaine, pâtisserie Végétarien: Falafel	
21 Riz frit aux légumes Riz frit aux œufs et aux légumes, brocoli, pâtisserie Végétarien		22 Sandwich italien au bœuf Bœuf à la sauce marinara dans un petit pain au blé entier, mozzarella, crudités, fruits Végétarien: Lentilles à la sauce marinara"		23 Poulet à la moutarde et à l'érable Poulet glacé à la moutarde et au sirop d'érable, riz et crudités fraîches, fruits frais Végétarien: Bâtonnets de tofu à la moutarde au miel		24 Poulet au citron et pâtes Poulet aux herbes et au citron, pâtes au pesto d'épinards, haricots verts, fruits Végétarien: Beignets de patate douce"		25 Bœuf persan chaud et carottes Bœuf et carottes, riz et légumes de saison, pâtisserie Végétarien: Lentilles aux épices persanes et carottes	
28 Coquilles au brocoli et au fromage Coquillettes à la crème de brocoli et au cheddar, aux carottes, pâtisserie Végétarien		29 Déjeuner au chili croustillant Chili au bœuf et à la patate douce, tostadas croustillantes, salade ranch et fruits frais Végétarien: Chili aux trois haricots		30 Saumon surprise Saumon cuit au four, pommes de terre rôties et légumes de saison, fruits frais Végétarien: Croquette de lentilles		1 Souvlaki méditerranéen Souvlaki de poulet au citron dans un pain pita, salade grecque et fruits Végétarien: Souvlaki au paneer et au citron		2 Poulet à l'adobo Poulet à l'adobo, riz, haricots verts, fruits Végétarien: Tempeh à l'adobo	

SEPTEMBER 2026



HOT LUNCH PROGRAM

MON	TUE	WED	THU	FRI
7 Labour Day	8 Taco Time! Seasoned Beef Tacos with Lettuce, Cheese, Salsa, Corn and Fresh Fruit Vegetarian: Refried Beans Taco UNI AND VIC LONDON CHAPLAINCY	9 Tropical Crunch Cod Coconut-Crusted Cod, Rice & Seasonal Vegetables, Fresh Fruit Vegetarian: Coconut Chickpea Curry VIC HOSPITAL	10 Picnic Lunch Chicken & Cheddar Sandwiches, Fresh Crudité with Ranch, Fresh Fruit Vegetarian: Cocoa Sunbutter & Banana Sandwich	11 Chicken Alfredo Chicken Alfredo with Penne, Italian Salad, Fresh Baked Good Vegetarian: White Bean Alfredo UNI AND VIC CROUCH
14 Soy Ginger Noodle Bowl Soy ginger noodles, Hard Boiled Egg, Edamame, Carrot and Cabbage, and Fresh Fruit. Vegetarian UNI AND VIC, KIWANIS	15 Hearty Pasta Bolognese Beef Bolognese over Pasta, Caesar Salad, Baked Good Vegetarian: Lentil Bolognese UNI AND VIC	16 Turkey Burger BBQ Turkey burger on a Whole Wheat Bun, Crudité Vegetables, and Fresh Fruit Veg : Meatless Burger VIC & WOODFIELD	17 Teriyaki Chicken Chicken Teriyaki, Red Peppers and Broccoli, Rice, and Fresh Fruit Veg: Tofu Teriyaki VIC	18 Chicken Pita Chicken Shawarma, Pita Bread, Romaine Salad, and a Baked Good Veg: Falafel UNI AND VIC CROUCH
21 Veggie Fried Rice Egg and Vegetable Fried Rice, Broccoli, Baked Good Vegetarian UNI AND VIC, KIWANIS	22 Italian Beef Bun Beef in Marinara Aauce on a Whole Wheat bun, Mozzarella, Crudités, Fruit Vegetarian: Lentil Marinara UNI AND VIC	23 Maple Mustard Chicken Maple Mustard Glazed Chicken, Sweet Potatoes, & Fresh Crudité, Fresh Fruit Vegetarian: Honey Mustard Tofu Fingers	24 Lemon Chicken and Noodles Lemon Herb Chicken, Spinach Pesto Noodles, Green Beans, and Fresh Fruit Vegetarian: Sweet Potato Fritters	25 Warm Persian Beef & Carrots Beef and Carrots, Rice and Seasonal Vegetables, Fresh Baked Good Vegetarian: Persian-Spiced Lentils with Carrots UNI AND VIC CROUCH
28 Cheesy Broccoli Shells Cream of Broccoli and Cheddar Pasta Shells with Carrots, and a Baked Good Vegetarian UNI AND VIC, KIWANIS	29 Chili Crunch Lunch Beef Sweet Potato Chili, Crispy Tostadas, and Ranch Salad, Fresh Fruit Vegetarian: Three Bean Chili UNI AND VIC	30 Baked Salmon Surprise Oven-Baked Salmon, Roasted Potatoes & Seasonal Vegetables, Fresh Fruit Vegetarian: Lentil Croquette WOODFIELD	1 Mediterranean Souvlaki Lemon Souvlaki Chicken in a Pita, Greek Salad, and Fruit Vegetarian: Paneer Lemon Souvlaki	2 Chicken Adobo Chicken Adobo, and Rice, Green Beans, and Fresh Fruit Veg: Tempeh Adobo UNI AND VIC CROUCH

IMPORTANT DATES

September 8th: London Chaplaincy
September 9th: Victoria Hospital Special Monthly Lunch
September 14th: Kiwanis Forest City London
September 16th: Woodfield Elementary Delivery
September 21st: Kiwanis Forest City London
September 28th: Kiwanis Forest City London
September 30th: Woodfield Elementary Delivery

CROUCH DROP OFFS

September 11th
September 28th
September 25th
October 2nd