


Daycare Meal Schedule – July 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Acorn/Little Acorn Closed for Canada Day! 	Tex Mex Chicken and Rice with Roasted Vegetables and Black Beans (Egg Free, Gluten Free, Dairy Free)	Chicken Salad Wraps with Shredded Carrots and Cabbage (Egg Free) **** Serve Cold
6	7	8	9	10
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Teriyaki Rice Noodle Salad with Tofu, Carrots, Cucumber, Peppers and Shredded Cabbage (Vegan, Egg Free, Dairy Free, Gluten Free) **** Serve Cold	Cheesy Salmon and Rice with Roasted Vegetables (Egg Free, Gluten Free)	Greek Pasta Salad with Chicken, Pepper, Cucumber, Peas and Feta Cheese (Egg Free) **** Serve cold	Beef and Black Bean Burritos with Salsa and Cheese (Egg Free)
13	14	15	16	17
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potatoes with Black Beans, Peppers and Corn in a Chili Lime Dressing (Vegan, Dairy Free, Gluten Free, Egg Free, Not Spicy)	Pad Thai Salmon and Rice Noodles with Roasted Vegetables (Dairy Free, Gluten Free, Egg Free)	Curried Pasta Salad with Chicken, Cauliflower, Peas, Carrots and Peppers (Egg Free) **** Serve cold	Chicken and Roasted Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
20	21	22	23	24
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Curried Chickpea Stew with Roasted Sweet Potatoes and Vegetables (Egg Free, Vegan, Dairy Free, Gluten Free)	Cheesy Tuna and Roasted Vegetable Pasta Casserole (Egg Free)	Stir Fried Noodles with Beef and Roasted Vegetables (Egg Free, Dairy Free)	Chicken and Black Bean Burritos (Egg Free)
27	28	29	30	31
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Pasta Salad with White Beans, Peppers, Corn and Cucumbers in a White Balsamic Dressing (Vegan, Egg Free, Dairy Free) **** Serve Cold	Potato and Salmon Cakes + Carrot, Cabbage and Pepper Slaw with Apple Cider Dressing (Egg Free)	Teriyaki Rice Noodles with Chicken and Roasted Vegetables (Egg Free, Gluten Free, Dairy Free)	Beef and Roasted Vegetable Pizzas with Tomato Sauce and Cheese (Egg Free)

*Mondays - Soups and Chicken are Dairy Free.

Daily Seasonal Vegetable Platter: Minimum three vegetables with dip.

Daily Seasonal Fruit Platter: Minimum three fruits.

Daily Whole Wheat Muffin, Loaf or Cookie