

Daycare Meal Schedule – August 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Acorn/ Little Acorn Closed for Civic Holiday	Curry Chickpea Stew with Sweet Potatoes and Roasted Vegetables (Egg Free, Dairy Free, Gluten Free, Vegan)	Potato and Salmon Cakes + Carrot, Cabbage and Pepper Slaw with Apple Cider Dressing (Egg Free)	Spaghetti and Beef Meatballs with Roasted Vegetables, Tomato Sauce and Parmesan Cheese (Egg Free)	Kids to assemble themselves chicken salad wraps - send chicken salad mixture + cabbage, carrot and pepper slaw with apple cider vinaigrette + 10-inch whole wheat wraps (1 per kid) ***** serve cold (Egg Free)
10	11	12	13	14
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Stir Fried Rice Noodles with Tofu and Roasted Vegetables (Egg Free, Dairy Free, Gluten Free, Vegan)	Orzo Pasta with Salmon, Roasted Vegetables and Herbs (Egg Free, Dairy Free)	Sweet and Sour Chicken with Rice and Roasted Vegetables (Egg Free, Gluten Free, Dairy Free)	Beef and Black Bean Burritos with Salsa and Cheese (Egg Free)
17	18	19	20	21
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potatoes with Black Beans, Peppers and Corn in a Chili Lime Sauce (Vegan, Gluten Free, Dairy Free, Egg Free, Not spicy!)	Teriyaki Salmon with Noodles and Roasted Vegetables (Egg Free, Dairy Free)	Beef Shepherd's Pie with Peas and Carrots, Creamed Corn and Cheddar Cheese (Gluten Free, Egg Free)	Chicken and Roasted Vegetable Pizzas with Tomato Sauce and Cheese (Egg Free)
24	25	26	27	28
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Curry Chickpea Stew with Roasted Sweet Potatoes and Veggies (Vegan, Gluten Free, Dairy Free, Egg Free)	Build-you-own Tuna Salad Wraps - whole wheat wraps, tuna salad, shredded lettuce (Egg Free)	Acorn/ Little Acorn Closed for PD	Acorn/ Little Acorn Closed for PD
31	1	2	3	4
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Pasta Salad with White Beans, Cucumber, Carrots and Peppers (Egg Free, Dairy Free) ***** serve cold	Salmon and Potato Cakes + Carrot, Cabbage and Pepper Slaw with Apple Cider Vinaigrette (Egg Free)	Sweet and Sour Chicken and Rice with Roasted Vegetables (Egg Free, Gluten Free, Dairy Free)	Beef and Black Bean Burritos with Salsa and Mozzarella 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