

Daycare Meal Schedule – September 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
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)
7	8	9	10	11
Acorn/Little Acorn Closed Labour Day	Organic Quinoa with Black Beans, Sweet Potato, Spinach, Mushrooms and Dried Cranberries with Balsamic Dressing (Vegan, Dairy Free, Gluten Free, Egg Free)	Teriyaki Salmon and Rice with Stir Fried Vegetables (Dairy Free, Gluten Free, Egg Free)	Spaghetti and Beef Meatballs with Roasted Vegetables, Tomato Sauce and Parmesan Cheese (egg free)	Chicken & Roasted Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
14	15	16	17	18
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Sweet and Sour Tofu & Rice Noodles with Stir Fried Vegetables (Egg Free, Vegan, Dairy Free, Gluten Free)	Creamy Pasta with Salmon and Roasted Vegetables (Egg Free)	Tex Mex Chicken and Rice with Black Beans, Roasted Sweet Potatoes, Corn and Peppers (Egg Free, Dairy Free, Gluten Free)	Build-you-own Chicken Salad Wraps - whole wheat wraps, chicken salad, shredded lettuce (Egg Free)
21	22	23	24	25
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Organic Quinoa and Chickpeas with Roasted Cherry Tomatoes, Eggplant, Turmeric Cauliflower, Baby Spinach in a White Balsamic Dressing (Vegan, Dairy Free, Gluten Free, Egg Free)	Pad Thai Salmon and Rice Noodles with Stir Fried Vegetables (Egg Free, Gluten Free, Dairy Free)	Beef Cheeseburger Macaroni and Cheese with Hidden Vegetables and Tomato Sauce (Egg Free)	Chicken and Black Bean Burritos (Egg Free)
28	29	30	1	2
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Curry Coconut, Chickpea and Roasted Vegetable Stew (Vegan, Egg Free, Gluten Free, Dairy Free)	Salmon and Potato Cakes + Carrot, Cabbage and Pepper Slaw with Apple Cider Dressing (Egg Free)	Beef Shepherd's with Peas, Carrots and Corn - creamy mashed potatoes and topped with Cheddar Cheese (Egg Free, Gluten Free)	Chicken and Roasted Vegetable Pizzas with Tomato Sauce 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