

Daycare Meal Schedule – October 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
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)
5	6	7	8	9
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potatoes with Organic Black Beans, Peppers, Corn and Chili Lime Dressing (Vegan, Gluten Free, Dairy Free, Egg Free)	Teriyaki Salmon and Rice with Stir Fried Vegetables (Egg Free, Dairy Free, Gluten Free)	Pasta with Roasted Vegetables and Beef Meatballs (Egg Free)	Beef and Black Bean Burritos (Egg Free) + Vegan Chocolate Chip Cookie for a Thanksgiving treat (Egg Free, Dairy Free)
12	13	14	15	16
Acorn/Little Acorn Closed for Thanksgiving 🍂	Stir Fried Tofu and Rice Noodles with Vegetables (Vegan, Egg Free, Gluten Free, Dairy Free)	Creamy, Cheesy Tuna and Vegetable Pasta Casserole (Egg Free)	Tex Mex Chicken and Rice with Roasted Corn, Vegetables and Black Beans (Egg Free, Gluten Free, Dairy Free)	Beef and Roasted Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
19	20	21	22	23
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Pasta with Tomato Sauce, Roasted Vegetable and White Beans (Egg Free, Vegan, Dairy Free)	Sweet and Sour Salmon and Rice with Stir Fried Vegetables (Egg Free, Gluten Free, Dairy Free)	Cheeseburger Macaroni with Beef and Vegetables (Egg Free)	Build your own Chicken Salad Wraps: Chicken Salad + Shredded Lettuce + 1 wrap per child (Egg Free)
26	27	28	29	30

*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