ACORN EARLY LEARNING CENTRE

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LITTLE ACORN EARLY LEARNING CENTRE

Daycare Meal Schedule – November 2026

Monday*	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Roasted Sweet Potatoes with Black Beans, Sweet Corn, Peppers and a Chili Lime Dressing (Egg Free, Gluten Free, Dairy Free, Vegan)	Teriyaki Salmon and Rice with Stir Fried Vegetables (Egg Free, Gluten Free, Dairy Free)	Beef Shepherd's Pie with Sweet Corn, Peas and Carrots (Egg Free, Gluten Free)	Chicken and Roasted Vegetable Pizzas with Mozzarella Cheese and Tomato Sauce (Egg Free)
9	10	11	12	13
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Curry Coconut Chickpea Stew with Roasted Vegetables (Vegan, Dairy Free, Gluten Free, Egg Free)	Creamy Salmon & Pasta with Vegetables (Egg Free)	Beef Fried Rice with Sauteed Vegetables (Egg Free, Gluten Free, Dairy Free)	Chicken & Black Bean Burritos (Egg Free)
16	17	18	19	20
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Teriyaki Tofu with Rice Noodles and Stir Fried Vegetables (Egg Free, Gluten Free, Dairy Free, Vegan)	Tandoori Salmon and Turmeric Rice with Peas, Carrots and Cauliflower (Egg Free, Gluten Free, Dairy Free)	Tex Mex Chicken and Black Bean Rice Casserole with Sweet Corn and Salsa (Egg Free, Gluten Free, Dairy Free)	Beef and Roasted Vegetable Pizzas with Mozzarella Cheese and Tomato Sauce (Egg Free)
23	24	25	26	27
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Organic Quinoa with Black Beans, Sweet Potatoes, Mushrooms, Spinach and a Balsamic Dressing (Egg Free, Dairy Free, Gluten Free, Vegan)	Salmon and Potato Cakes with a Cabbage, Pepper & Carrot Slaw, Apple Cider Dressing (Egg Free)	Cheeseburger Macaroni with Ground Beef, Hidden Vegetables, Tomato Sauce and Cheddar Cheese (Egg Free)	Chicken & Roasted Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
30	1	2	3	4
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Pasta with White Beans, Roasted Vegetables, Tomato Sauce and Pesto (Egg Free, Dairy Free, Vegan)	Sweet and Sour Salmon and Rice with Stir Fried Vegetables (Egg Free, Gluten Free, Dairy Free)	Braised Chicken Pot Pie with Mashed Potatoes, Gravy, Peas, Corn and Carrots - topped with Cheddar Cheese) (Egg Free, Gluten Free)	Beef and Black Bean Burritos with Salsa 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