



Broader Palate, Broader Mind!

Week Commencing: October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Snack: Pears & Strawberries	Snack: Bananas & Pineapple	Snack: Watermelon & Mixed Berries	Snack: Honeydew & Bananas	Snack: Apples & Cheddar
Lunch: Soup 'n' Sandwich Soup: Vegetable Sandwich: Ham n Cheese	Lunch: Tex-Mex Casserole (Ground beef, onions, garlic, peppers, tomatoes, beans, corn, rice, cheddar) Served with sour cream	Lunch: Chicken Stew (Chicken, potatoes, onions, garlic, carrots, celery, red peppers, peas. served with a pull apart bun)	Lunch: Pasta Marinara (tomatoes, onions, garlic, carrots, fresh parsley, served with Parmesan)	Lunch: Butter Chicken (chicken, carrots, onions, tomatoes in a mild curry sauce served over rice)
Snack: Buttery Scones (with cheese cubes)	Snack: Lemon Poppy Seed Muffins	Snack: Tzatziki Dip (tzatziki, pita, olives)	Snack: Pizza Box (pepperoni, mozzarella, olives, focaccia cubes, pizza sauce)	Snack: Nuts N Bolts

Alternate Lunch

Soup 'n' Sandwich Soup: Vegetable Sandwich: Chicken/Cheese Cucumber/Cheese	Tex-Mex Vegetable Rice (onions, zucchini, garlic, peppers, tomatoes, beans, corn, rice)	Vegetable Stew (Chickpeas, potatoes, onions, garlic, carrots, celery, red peppers, broccoli, peas)	Vegan Alfredo (garlic, coconut milk, fresh parsley over pasta)	Indian Vegetable Stew (carrots, onions, tomatoes, cauliflower, potatoes, chickpeas in a mild curry sauce served over rice)
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Next Week's Lunch Menu

Chicken a la King (chicken, red peppers, carrots, onions, mushrooms, served over steamed rice)	Sloppy Joes (ground beef, onions, garlic, red and green peppers on a bun served with creamy coleslaw)	Tuna Casserole (baked tuna, onions, garlic, mushrooms, peas, cheddar, macaroni)	Soup 'n' Sandwich Soup: Chicken Noodle Sandwich: Egg Salad	Pasta Bolognese (ground beef, onions, garlic, tomatoes, green peppers, mushrooms)
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