

Childcare Fall/Winter 2025-2026

REGULAR MENU



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Butter Chicken with Whole Grain Rice Steamed Peas&Carrots Fruit	Beefaroni Diced Carrots Fruit	Lightly Breaded Sole with Whole Grain Rice Corn Niblets Fruit	Chicken and Cheese Quesadilla w/Salsa Sauce Fruit	Tomato Soup with Rice Dinner Roll Fruit
PM Snack					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Teriyaki Chicken w/Whole Grain Rice California Veggies Fruit	Whole Wheat Grilled Cheese Sandwich with Carrot Sticks Fruit	Baked Fish Fingers w/Dinner Roll Diced Carrots Fruit	WW Pasta & Beef Meatballs in Homemade Tomato Sauce w/ Peas Fruit	All Day Breakfast with Whole Grain Pancakes, and Egg Omelet Fruit
PM Snack					

All our meals meet or exceed the requirements of the Early Childhoods Education Act. We are fully COVID-19 safety aware with contactless delivery options.



info@thelunchlady.ca | /1-800-603-6656

theLunchLady.ca

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REGULAR MENU



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Butter Chicken with Whole Grain Rice Steamed Peas&Carrots Fruit	Homemade Mac & Cheese Power Mix Veggies Fruit	Little Fish Burger on Whole Wheat Bun Potato Wedges Fruit	Perogies with Sour Cream California Veggies Fruit	Chicken Noodle Soup with Vegetables Garlic Stick Fruit
PM Snack					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	Garlic Chicken Pasta Penne SteamedPeas &Carrots Fruit	Whole Wheat Sunshine Sandwich Tomato&Cucumber Salad Fruit	Topsy Turvy Lasagna w/ Peas Fruit	BBQ Meatballs w/Potato Wedges & Corn Fruit	All Day Breakfast with Whole Grain Pancakes, and Egg Omelet Fruit
PM Snack					

Menu items are subject to change Substitutions will be made for allergies and dietary restrictions. Water is available at each meal, snack time and throughout the day.



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