

Daycare Meal Schedule – October 2025

Monday*	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Spaghetti with Tomato Sauce & Parmesan Cheese, White Beans and Roasted Vegetables (Vegetarian, Egg Free)	Pad Thai Salmon with Noodles and Roasted Veggies (Egg Free, Dairy Free)	Rice, with Roasted Chicken, Lentils and Vegetables (Egg Free, Dairy Free, Gluten Free)	Beef, Black Bean and Roasted Vegetable Burritos with Salsa and Cheese (Egg Free)
6	7	8	9	10
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Curry Chickpea Stew with Roasted Sweet Potatoes and Vegetables (Vegan, Dairy Free, Egg Free, Gluten Free)	Salmon and Potato Cakes + Kale, Cabbage and Carrot Slaw with Apple Cider Vinaigrette (Egg Free)	Beef Meatballs, Pasta with Tomato Sauce and Roasted Vegetables with Parmesan Cheese (Egg Free)	Chicken and Black Bean Burritos with Salsa and Cheese (Egg Free) *** Thanksgiving Treat - Pumpkin Spice Cake with Cream Cheese Frosting (this WILL contain eggs, dairy and gluten)
13	14	15	16	17
 Acorn/ Little Acorn Closed for Thanksgiving 	Lentil and Roasted Vegetable Ragout with Tomato Sauce (Egg Free, Gluten Free, Dairy Free, Vegan)	Teriyaki Salmon Rice with Roasted Vegetables ** contains coconut (Egg Free, Dairy Free, Gluten Free)	Beef Shepherd's Pie with Creamy Mashed Potatoes, Carrots, Peas and Corn (Gluten Free, Egg Free)	Roasted Chicken and Vegetable Pizzas with Tomato Sauce and Mozzarella Cheese (Egg Free)
20	21	22	23	24
Chicken, Bread, Cheese, Vegan Soup (Egg Free)	Sweet and Sour Tofu with Roasted Vegetables and Steamed Jasmine Rice (Egg Free, Dairy Free, Gluten Free, Vegan)	Pad Thai Salmon with Noodles and Roasted Vegetables (Egg Free, Dairy Free, Gluten Free)	Creamy Pasta with Chicken and Roasted Vegetables (Egg Free)	Beef and Black Bean Burritos (Egg Free)
27	28	29	30	31

*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