

February 2025

# NEW WESTMINSTER MENU Smarter +

Week

Friday 02/07

Cheese Omelette  
Tator Tots  
Fruit

Fruit

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Week 2	Monday 02/10	Tuesday 02/11	Wednesday 02/12	Thursday 02/13	Friday 02/14
Regular	Sunshine Sandwich Hash Brown Triangles Fruit of the Day	Crunchy Chicken Ranch Wrap Cucumbers and Dip	Honey Garlic Chicken Drumstick Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	PRO D-DAY
2 <sup>nd</sup> Choice	Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Beef Meatballs Mashed Potatoes Corn Gravy Cucumbers and Dip	Smiling Shepherd s Pie Fruit	Valentine s Day Kid Cuterie Chicken Nuggets Fruit of the Day	
Vegetarian	Sunshine Sandwich Hash Brown Triangles Fruit of the Day	Veggie Meatballs Mashed Potatoes Corn Gravy Cucumbers and Dip	Honey Garlic Tofu Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	
Halal Friendly	Halal Chicken Nuggets Rice Corn Plum Sauce Fruit of the Day	Crunchy Halal Chicken Ranch Wrap Cucumbers and Dip	Honey Garlic Halal Chicken Drumstick Rice Peas and Carrots Fruit	Valentines Day Pancakes Chocolate Chips Yogurt Fruit of the Day Syrup	

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Week 3	Monday 02/17	Tuesday 02/18	Wednesday 02/19	Thursday 02/20	Friday 02/21
Regular	FAMILY DAY	Chicken Fried Rice Spring Roll Fruit of the Day Plum Sauce	Breakfast Burrito Tator Tots Apple Sauce	Spaghetti and Beef Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Chicken Shawarma Wrap Veggies and Dip Fruit
2 <sup>nd</sup> Choice		French Toast Fruit of the Day Syrup	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Chicken Ranch Salad Dinner Bun Fruit	Turkey Hot Dog Veggies and Dip Fruit
Vegetarian		Veggie Fried Rice Spring Roll Fruit of the Day Plum Sauce	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Spaghetti with Veggie Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Veggie Hot Dog Veggies and Dip Fruit
Halal Friendly		Halal Chicken Fried Rice Spring Roll Fruit of the Day Plum Sauce	Alfredo Penne Pasta Italian Mixed Vegetables (Carrots, Zucchini, Cauliflower, Beans, Red Peppers) Apple Sauce	Spaghetti with Halal Beef Meatballs Tomato Sauce California Vegetables (Broccoli, Cauliflower, Carrots) Fruit	Halal Hot Dog Veggies and Dip Fruit

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