West Island MONTESSORI Academy

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
02: **BF:** Whole wheat toast with jam or butter and milk **AM:** Watermelon **Lunch:** Warm vegan yellow lentils with roasted garlic, toasted naan bread and served with a quinoa garden salad **PM:** Fresh fruit and tea biscuits	**03:** **BF:** Mini croissants with jam or butter and milk **AM:** Oranges **Lunch:** Mac & cheese infused with pumpkin and butternut squash and protein-packed navy beans served with a couscous garden salad **PM:** Homemade banana cake	**04:** **BF:** Toasted sesame seed bagels with cream cheese and milk **AM:** Bananas **Lunch:** Slow- cooked ground turkey with a creamy roasted veggie sauce and served with penne pasta and a side kale salad **PM:** Cheese and crackers	**05:** **BF:** Buttermilk pancakes with maple syrup and milk **AM:** Apples **Lunch:** Curry rice with chic peas, eggplant and baked tilapia and served with a Kale and sweet corn pasta salad **PM:** Pretzels and cheese	**06:** **BF:** Cereal with milk and sliced bananas **AM:** Oranges **Lunch:** Turkey and cheddar cheese sandwiches with a hearty vegetable and noodle soup **PM:** Pita and a sour cream and onion dip
09 **BF:** Whole wheat toast with jam or butter and milk **AM:** Apples **Lunch:** Egg fried rice with ground turkey, bok choy and bean sprouts served a cheddar and a kale and sweet corn pasta salad **PM:** Fresh fruit and cookies	**10:** **BF:** Toasted whole grain bagels with cream cheese and milk **AM:** Oranges **Lunch:** Creamy roasted purple beet sauce with cottage cheese, parmesan and farfalle pasta served with baked tilapia and a side Caesar salad **PM:** Ms. Leah's homemade banana brownies	**11:** **BF:** Toasted waffles with maple syrup and milk **AM:** Bananas **Lunch:** White chicken chilli with white beans and monetary jack cheese, served with rice side Kale and sweet corn pasta salad **PM:** Cheese and crackers	**12:** **BF:** Toasted raisin bagels with jam or butter and milk **AM:** Apples **Lunch:** Slow-cooked chicken Cacciatore with Bella mushrooms, crushed tomatoes and linguine pasta, served with sliced cucumbers **PM:** Pretzels and a sour cream and onion dip	**13:** **BF:** Cereal with milk and sliced bananas **AM:** Oranges **Lunch:** Egg salad sandwiches and a hearty vegetable and noodle soup **PM:** Whole wheat pita and Baba Ganoush
16: **BF:** Whole wheat toast with jam or butter and milk **AM:** Watermelon **Lunch:** Ms. Leah's spinach and artichoke cheese sauce served with fusilli pasta and a side couscous and spring mix salad **PM:** Cheese & crackers	**17:** **BF:** Toasted whole wheat bagels with cream cheese and milk **AM:** Oranges **Lunch:** Ms. Leah's creamy butter chicken with chic peas, potatoes and toasted naan bread served with rice and a dill pickle pasta salad **PM:** Pita & a sour cream and onion dip	**18:** **BF:** Mini chocolate croissants with fresh fruit and milk **AM:** Bananas **Lunch:** Homemade Spaghetti Bolognese with fresh herbs, served with fresh garlic bread and a side Caesar salad **PM:** Vanilla yogourt parfait	**19:** **BF:** Toasted English muffins with jam or butter and milk **AM:** Apples MULTICULTURAL DAY **Lunch:** Chilli with ground turkey, brown lentils, corn and old-aged cheddar served with white rice and a side dill pickle pasta salad **PM:** Pretzels and cheese	**20:** **BF:** Cereal with milk and sliced bananas **AM:** Oranges **Lunch:** Olivieh (chicken and egg) sandwiches with a hearty veggie and noodle soup **PM**: Fresh fruit and cookies
23: **BF:** Whole wheat toast with jam or butter, and milk **AM:** Green apples **Lunch:** Chilli Mac & cheese served with Grated cheese, fresh garlic bread and a summer salad **PM:** Fresh fruit & tea biscuits	**24:** **BF:** Toasted English muffins with jam or butter and milk **AM:** Oranges **Lunch:** Lebanese brown lentils with halal ground beef, caramelized onions and a dill pickle pasta salad **PM:** Pretzels and sour cream and onion dip	**25:** **BF:** Mini croissants with jam or butter and milk **AM:** Bananas **Lunch:** Three cheese pasta with halal ground turkey, macaroni and a side kale and red quinoa salad **PM:** Homemade lemon cake	**26:** **BF:** Toasted multi-grain bagels with cream cheese and milk **AM:** Apples **Lunch:** Beef and vegetable rice pilaf, with a cheddar and cream cheese pasta salad **PM:** Cheese and crackers	**27:** **BF:** Cereal with milk and sliced bananas **AM:** Oranges **Lunch:** Tuna and dill pickle whole wheat sandwiches with a hearty vegetable and noodle soup **PM:** Whole wheat pita and spinach dip
30 **BF:** Whole wheat toast with jam or butter and milk **AM:** Watermelon **Lunch:** Warm vegan yellow lentils with roasted garlic, toasted nan bread and served with a quinoa garden salad **PM:** Cheese & crackers				