September 2025 Menu

Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5
(V) – Vegan	Buttermilk Waffles	Cheese Omelet with	Roasted Potatoes	(GF)Oatmeal Pancakes,
(GF) – Gluten Free	Greek Yoghurt and Berry	Tomatoes	Strawberry Smoothie	Strawberry Jam, Sliced
* gluten free	Jam, Fresh Sliced	Buttermilk Biscuits	Bowl with Granola and	Apples,
substitution available	Pineapple	Steamed Broccoli	Apple Slices	-
	-	-	-	Turkey Meatballs,
	Cheesy Vegetable Pasta	Breaded Chicken Cutlets	(v) (GF) Lubia Polo	Quinoa, Roasted
LABOR	Roasted Broccoli	Tomato Sauce	Rice Dish	Carrots and Broccoli
DAY	Fresh Watermelon Slices	Garden Salad	Yoghurt Tzatziki Sauce	Watermelon
NO	-	Fresh Pineapple	Sliced Melon	-
SCHOOL	Vegetables with Tzatziki	-	-	Fruit Salad
	Sauce	Apple Cinnamon Muffins	Carrots and Cucumber	Cheese and Crackers
		Grapes and Watermelon	Slices with Tzatziki	
Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
Strawberry Banana	Cheese Omelet with	Banana Pancakes,	Roasted Potatoes	*Banana Bread
Oatmeal	Tomatoes	Strawberry Chia Pudding,	Strawberry Smoothie	Cream Cheese
Watermelon Slices	Buttermilk Biscuits	Greek Yoghurt, Apple	(GF) Granola, Apples	Fruit Salad
-	Steamed Broccoli	Slices	-	Turkey Sausage Patties
Baked Chicken Breast	-	-	Apple Cheddar Chicken	-
(GF) (V)Chickpea Fritters	(V)Black Bean Sweet	(V) *Spinach Pesto Pasta	Breast Wraps,	Beef Taco Bowl,
Cilantro Lime Rice	Potato Veggie Burger	Tomato, Cucumber,	Vegetable, Hummus,	Cilantro Lime Rice,
Roasted Broccoli	Dinner Roll	Mozzarella Salad	Cantaloupe	Black Beans, Cheese
-	Sliced Veg & Tzatziki	Watermelon	-	and Tomatoes
Toast with Strawberry	-	-	*Banana Bread	-
Jam and Hummus	Apple Cinnamon	Oatmeal Fruit Bar	Cream Cheese	Bananas
	Muffins	Fruit Smoothie	Banana Slices	Greek Yoghurt

Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
Buttermilk Pancakes	Banana Bread with	Spinach Tomato	Greek Yoghurt Parfait	Roasted Potatoes with
with Fresh Berries	Cream Cheese	Parmesan Frittata	Banana Chia Pudding	Cheese Scrambled Eggs
Greek Yoghurt	Scrambled Eggs	Corn Bread Muffins	(GF) Granola	Fruit Salad
Strawberry Jam	Apple Slices	Cantaloupe	Berries	-
Turkey Sausage	-	-	-	*Red Sauce Pasta
-	(V)Broccoli Cheddar	Chicken Quesadillas with	(GF)(V) Chickpea Fritters	Beef Meatballs
Turkey Meatballs	Soup	Peppers and Onions	Tzatziki Sauce	Garlic Green Beans
Roasted Sweet Potatoes,	Focaccia Bread	Avocado, Grape	Carrots, Cucumbers,	Fruit Salad
Quinoa, Broccoli	Steamed Green Beans	Tomatoes	Celery	-
Tzatziki Sauce	Apple Slices	-	-	Oatmeal Chocolate
-	-	Yoghurt Parfait with	Pretzels & Carrots with	Chip Muffins
Vegetables with Tzatziki	Cheese & Crackers	Fresh Fruit Compote and	Hummus	Apple Slices
Sauce	Grapes	Granola		
Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26
French Toast	Roasted Potatoes with	Buttermilk Waffles	Buttermilk Biscuits	Strawberry Chia
French Toast Strawberry Smoothie	Roasted Potatoes with Tomato Sauce	Buttermilk Waffles Greek Yoghurt with	Buttermilk Biscuits Broccoli Frittata Eggs	Strawberry Chia Pudding
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Strawberry Smoothie	Tomato Sauce	Greek Yoghurt with	Broccoli Frittata Eggs	Pudding
Strawberry Smoothie	Tomato Sauce Cheese Scrambled Eggs	Greek Yoghurt with Clementines	Broccoli Frittata Eggs	Pudding Fresh Berry Jam
Strawberry Smoothie Cantaloupe -	Tomato Sauce Cheese Scrambled Eggs	Greek Yoghurt with Clementines	Broccoli Frittata Eggs Clementines -	Pudding Fresh Berry Jam Greek Yoghurt
Strawberry Smoothie Cantaloupe - (GF) Pineapple &	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines -	Greek Yoghurt with Clementines Steamed Broccoli -	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice	Pudding Fresh Berry Jam Greek Yoghurt
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices -
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day!
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs and Chicken)	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa Roasted Cauliflower	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day! Cheese, Vegetable
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs and Chicken)	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa Roasted Cauliflower	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad Apple Slices -	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot with Hummus -	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day! Cheese, Vegetable
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs and Chicken) Watermelon Slices -	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa Roasted Cauliflower Cantaloupe -	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad Apple Slices -	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot with Hummus - Banana Bread	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day! Cheese, Vegetable Fruit Salad
Strawberry Smoothie Cantaloupe - (GF) Pineapple & Vegetable Fried Rice (with Scrambled Eggs and Chicken) Watermelon Slices - Cucumbers and Carrots	Tomato Sauce Cheese Scrambled Eggs Fresh Clementines - (GF) (V) Chickpea Curry With Quinoa Roasted Cauliflower Cantaloupe - Chocolate Zucchini	Greek Yoghurt with Clementines Steamed Broccoli - *Chicken Broccoli Alfredo Garden Salad Apple Slices -	Broccoli Frittata Eggs Clementines - Adas Polo Lentil Rice DIsh Cucumber and Carrot with Hummus - Banana Bread	Pudding Fresh Berry Jam Greek Yoghurt Banana Slices - (V) Pizza Day! Cheese, Vegetable Fruit Salad - Cheese & Crackers

Monday 9/25	Tuesday 8/26	Wednesday 8/27	Thursday 8/28	Friday 8/29
Buttermilk Waffles with	Roasted Potatoes,	Warm Cinnamon	(GF, Egg Free) Banana	Roasted Sweet Potato
Fresh Berries and	Greek Yoghurt,	Oatmeal, Sauteed	Bread, Turkey Sausage,	with Cheese,
Bananas, Hard Boiled	Watermelon,	Apples, Greek Yoghurt,	Greek Yoghurt,	Tomato, Peppers,
Eggs, Fruit Smoothie	Chicken Sausage	Bananas	Watermelon	Onions
-	-	-	-	Greek Yoghurt
Steamed Broccoli	Turkey Taco Bowl	Creamy Pasta Carbonara	Chicken, Vegetable and	-
Baked Chicken Breast	Cucumber Tomato Salad	with Peas	Rice Soup	Breaded Chicken
Mashed Potatoes	Spanish Tomato Rice	Garlic Green Beans	Focaccia Bread	Cutlets, (v) Breaded
Cantaloupe	-	Fresh Grapes	Garden Salad	Eggplant,
-	Celery, Cucumbers,	-	-	with Red Sauce
Banana Bread	Carrots, Peppers	(GF, Egg Free) Banana	Celery, Cucumbers,	Quinoa
with Cream Cheese	Tzatziki Sauce	Bread, Apple Slices	Carrots, Peppers	Steamed Green Beans
Grapes			Tzatziki Sauce	-
				Cucumbers and Carrots
				with Hummus

Lubia Polo- Persian Green Beans and Rice Dish, Vegetarian or with Ground Turkey



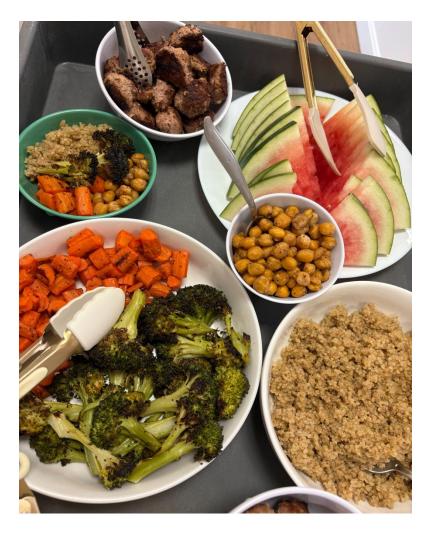
Adas Polo- Persian Lentil and Rice dish, made vegetarian or with ground beef

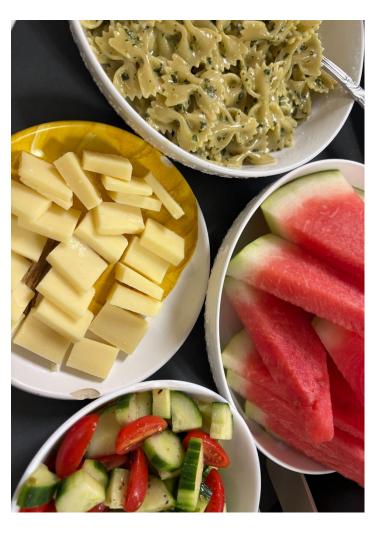


Highlights From August Menu at Kindernest

Turkey Meatballs, Watermelon Slices, Quinoa Roasted Carrots, Broccoli, and chickpeas.

Nut-Free Basil Pesto Pasta, Cheddar Cheese Slices, Watermelon Slices, Tomato, Cucumber Salad.





Hard Boiled Eggs, Blended Strawberry Oatmeal, Fruit Salad and



Baked Chickpea Fritters, House-Made Naan Bread, Tzatziki Sauce and Sliced Vegetables

