



WEEKLY MENU FOR AUGUST 2026

- Fresh, nutritious, and balanced meals prepared for children daily
- Menus are carefully rotated to include a variety of healthy foods
- Supports children's healthy growth, development, and overall well-being



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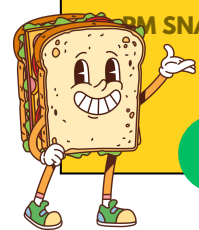


WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK	Banana Chia pudding	Cinnamon Oatmeal, fruits	Veggie bites, fruits	Scramble eggs and fruits	Apple cinnamon Pancakes fruits
LUNCH	Chicken bean quesadillas, with steamed veggies	Chicken broccoli cheesy pasta, veggie salad	Chicken broccoli Spaghetti, Corn salad	Mashed potato with chicken, Tomato soup	Macaroni with chicken and boiled Carrots
PM SNACK	fruits	Multigrain cookies, fruits	Banana Bread	Toast with jam	Apple sauce muffins, fruits



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK	Boiled eggs, fruits	Chia pudding, fruits	Oatmeal, fruits	Toast with cream cheese and jam	Cinnamon Bread
LUNCH	Veggie noodle with sauteed veggies, chicken	Rice with chickpea and veggie bowl	Macaroni salad, shredded chicken	Grilled cheese with chicken soup	Chicken alfredo pasta, steamed veggies
PM SNACK	Carrot Muffins with fruits	Oat bars with fruit	Fresh Fruits Smoothie	Apple Sauce and tortilla chips	Cucumbers and Ranch

Vegetarian options are available upon parent request.





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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK	Toast with cream cheese and jam	Oatmeal with fruits	Chia pudding with Fruits	Boiled Eggs and fruits	Granola Cereal
LUNCH	Mac and cheese with shredded chicken	Cheese, bean fajita quesadillas, steamed veggies	Veggie sandwich with Bean Soup	Egg fried Brown rice with veggies	Alfredo Spaghetti with veggies, chicken
PM SNACK	Oat Banana Cookies , Fruits	Watermelon	Frozen yogurt bites, fruits	Apple with Cream cheese	Fruity quesadillas



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
AM SNACK	Toast with cream cheese and jam	Oatmeal with fruits	Cereal with Banana Smoothies	Egg bites with fruits	Oat Pancakes fruits
LUNCH	Spinach cheese wrap, bean soup	Chicken Corn Pasta, veggie salad	Chicken wrap with steamed veggies	Potato Cheese baked with chickpea salad	Rice with veggies and bean bowl
PM SNACK	Oat bars with fruit	Tortilla with hummus and fruits	Apple with Cream Cheese	Carrot zucchini muffins, fruits	Banana Bread

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