NISL Lunch Menu for September 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 31- Sept 4	Egyptian koshary (combination of pasta, rice, lentils, and a tomato base sauce)Bananas, Milk	Beef Nachos, Watermelon Fresh salad Milk	Butter Chicken, White Rice, Fresh Pears, Milk	Chicken Shawarma Sandwich, French Fries Fresh Apples, Milk	Beef Spaghetti Roasted Broccoli, Canned Pineapples, Milk
Sept 7-11	**GTA CLOSED**	Lentil Soup, White Rice, Fresh Salad, Milk	Beef Burgers French Fries, Watermelon Milk	Baked Chicken, Mashed Potatoes, Fruit Cocktail, Milk	Beef Pasta, Bananas, Fresh Salad Milk
Sept 14-18	Egyptian Chicken Pilaf Salad Grapes Milk	Beef Nachos, Salad Watermelon Milk	Kofta Kabob Sandwich, French Fries Salad, Bananas, Milk	Chicken Wraps, Canned Pineapple, Green Beans, Milk	Egyptian Baked Pasta, Fresh Salad Fresh Mandarins, Milk
Sept 21-25	Turkish Beef Pilaf, Mixed Salad, Fresh Mandarins, Milk	Taco Tuesday Fresh Salad, Watermelon, Milk	Pizza, Roasted Broccoli, Canned mixed fruit, Milk	Baked Fish and Rice, Fresh Salad, Grapes, Milk	Chicken Noodle Soup, WW Toast, Pineapple Chunks, Milk