

Monthly Menu Planner

MOW

For the month of:
August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BUTTERNUT SQUASH-SOUP MEAT-STEW BROWN-RICE GREEN BEANS	4 CABBAGE BORCHT CHICKEN-LOAF COUSCOUS MIXED VEGETABLE	5 LENTIL-SOUP SALMON FISH BALLS ROAST POTATO GREEN BEANS	6 KALE-SOUP SHEPARDS-PIE GREEN PEAS CARROTS	7 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
10 TOMATO-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	11 CARROT-SOUP CHICKEN-STEW BROWN-RICE GREEN PEAS	12 PEA-SOUP BAKED-FISH KASHA MIXED-VEGETABLE	13 MUSHROOM-SOUP MEAT LASAGNA MIXED VEGETABLE MIXED VEGETABLE	14 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
17 MINISTRONE-SOUP MEAT-BALLS PASTA GREEN-BEANS	18 POTATO LEEK-SOUP CHICKEN-BALLS COUSCOUS MIXED VEGETABLE	19 MIX-BEAN SOUP TUNA PATTY ROAST SWEET POTATO DICED CARROTS	20 MASHROOM BARLEY-SOUP MEAT-LOAF COUSCOUS CARROTS	21 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
24 VEGETABLE-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	25 BROCCOLI-SOUP CHICKEN SHAWARMA RICE MIXED VEGETABLE	26 KALE-SOUP BAKED SALMON RICE MIXED VEGETABLE	27 SWEET-POTATO-SOUP MEAT-PASTA MIXED VEGETABLE MIXED VEGETABLE	28 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
31 CABBAGE BORCHT MEAT-LOAF COUSCOUS CARROTS	1 BUTTERNUT SQUASH-SOUP CHICKEN-PATTY BULGUR CARROTS	2-sept PEA-SOUP BAKED-FISH KASHA MIXED-VEGETABLE	3-sept MINISTRONE-SOUP MEAT-STEW BROWN-RICE GREEN BEANS	4-sept CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE