bernard betel centre

Monthly Menu Planner

MOW

For the month of:

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CABBAGE BORCHT MEAT-STEW BROWN-RICE GREEN BEANS	3 LENTIL-SOUP CHICKEN-BALLS PASTA GREEN PEAS	4 PEA-SOUP BAKED-FISH KASHA MIXED-VEGETABLE	5 MINISTRONE-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	6 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
9 KALE-SOUP MEAT-BALLS PASTA GREEN-BEANS	10 CARROT-SOUP CHICKEN-STEW BROWN-RICE GREEN PEAS	11 SWEET POTATO SOUP SALMON-FISH-BALLS ROAST-POTATO GREEN BEAMS	12 MUSHROOM BARLEY SOUP MEAT LASAGNA MIXED VEGETABLE MIXED VEGETABLE	13 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
16 MINESTRONE-SOUP SHEPARD'S PIE GREEN PEAS CARROTS	17 BROCOLI-SOUP CHICKEN-LOAF COUSCOUS MIXED VEGETABLE	18 MIX-BEAN SOUP TUNA PATTY ROAST SWEET POTATO DICED CARROTS	19 BUTTERNUT SQUASH SOUP MEAT-LOAF COUSCOUS CARROTS	20 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
23 VEGETABLE-SOUP CHOPPED-STEAK BULGUR GREEN BEANS	24 LENTIL SOUP CHICKEN SHAWARMA RICE MIXED VEGETABLE	25 POTATO-LEEK SOUP BAKED SALMON RICE MIXED VEGETABLE	26 SWEET-POTATO-SOUP MEAT-PASTA MIXED VEGETABLE MIXED VEGETABLE	27 CHICKEN-SOUP ROASTED-CHICKEN MASHED-POTATO MIXED-VEGETABLE
30 BROCCOLI-SOUP MEAT-BALLS PASTA GREEN-BEANS	1-DEC	2-DEC	3-DEC	4-DEC