



SEPTEMBER

2026

Le Petit Menu

♥ Bon Appétit! ♥



VEGGIES /
SALAD



PROTEIN



CARB



DAIRY



DESSERT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Raw Veggies Lasagna Yogurt	2 Carrot Soup Quiche Fruit	3 Broccoli and Cottage Cheese Dip Creamy Shrimp Quinoa AppleSauce	4 Avocado Salad Turkey Meatballs Rice Banana Cupcakes	5
6	7 LABOR DAY 	8 Watermelon Salad Poulet Provençal Quinoa Applesauce	9 Cucumbers Lemon Butter Fish Rice Yogurt	10 Corn Salad Turkey Quesadillas Green Beans Fruit	11 Carrot Salad Poulet à la moutarde Mashed potatoes Brownies	12
13	14 Beet Salad Teriyaki Salmon Quinoa Yogurt	15 Cauliflower Salad Poisson Meunière Pearl couscous Fruit	16 Spinach Salad Blanquette a la poulet Rice Applesauce	17 Pear Salad Chicken Alfredo Pasta Fruit	18 Tomato Salad Hachis Parmentier Mousse au chocolat	19
20	21 Butternut Squash Soup Ratatouille Rice Applesauce	22 Raw Veggies Parmesan Chicken Tomato Pasta Fruit	23 Broccoli Salad Beef Stew Gratin Dauphinois Yogurt	24 Feta Salad Grilled Shrimp Orzo Fruit	25 Strawberry Salad Steak Frites Pain Perdu	
	27 	28 Greek Salad Yogurt Chicken Yellow Rice Applesauce	29 Apple Salad Chicken and Orzo Baked Yogurt	30 Pasta Salad Garlic Shrimp Fruit		



NOTE: Desserts for infants and pre-toddlers are always made with oatmeal and fruit — no added sugar and no flour.

