



















WEEK #1

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Wheat a Bix & Yogurt  Milk	Multigrain Cereal & Milk  Milk	French Toast & Applesauce   Milk	Egg & Cheese Bake  Milk	Bagels and Cream Cheese  Milk
Perogies (V) Baked Beans Seasonal Sides: Hot Veggies or Salad  Milk & Water Fresh Fruit	Mini Quiche (V) Parsley Boiled Potatoes & Hot vegetables  Milk & Water Fresh Fruit	Chicken Chow Mein Noodle Stir Fry With Fresh Vegetables  Milk & Water Fresh Fruit	Home Style Pizza (V) Veggie, soy meat/legumes & With veggie sticks  Milk & Water Fresh Fruit	Cauliflower, Potato Soup (V) Egg Salad Sandwiches  Milk & Water Fresh Fruit
(V) No substitution needed.	(V) No substitutions needed	(V) Modified version w/tofu	(V) Modified version w/hummus base	(V) Egg & Melted cheese option
Veggie Sticks* Cheese  Water	Naan/pita & Hummus  Water	Scones & Butter  Water	Rice Cakes & Wow Butter  Water	Bananas & Cheese  Water

N.B. * - Indicates Infant Substitution

(V) Vegetarian dish

Water & Milk provided during lunch. Water at pm snack.

All lunches served with fresh seasonal fruits and finger food.



WEEK #2

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Wheat a Bix & Yogurt Milk 	Multigrain Cereal, milk & fruit Milk 	Blueberry Pancakes Milk 	Raisin Bread w/ Applesauce Milk 	Banana Muffin Milk 
Cheese Ravioli & Tomato Legume Sauce (V) With Hot Vegetables Milk & Water Fresh Fruit 	Lemon Haddock Fish & Rice with vegetables Milk & Water Fresh Fruit 	Campout Meal (Homestyle beef patty, Potatoes and Vegetables) & Baked Beans Milk & Water Fresh Fruit 	International Meal Asian Greek Italian African Indian Jamaican Mexican Hawaiian.... Milk & Water Fresh Fruit	Roasted Chicken Soup (V) w/ Rice & Vegetables Garlic Cheese Bread Milk & Water Fresh Fruit 
(V) No substitution needed.	(V) Egg dish served w/rice	(V) Modified version w/legumes	(V) Vegetarian option available	(V) Vegetable/legume soup option
Avocado Dip on Rye Bread  Water	Fruit Smoothies  Water	Egg salad on Crackers  Water	Oatmeal Chia cookies  Water	Veggie sticks & cheese  Water

N.B. * - Indicates Infant Substitution

(V) Vegetarian dish

All lunches served with fresh seasonal fruits and finger food.



WEEK #3

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Wheat a Bix & Yogurt  Milk	Multigrain Cereal, Milk & Fruit  Milk	Hard Boiled Eggs & Toast  Milk	English Muffins & Apple Butter  Milk	Wow Butter & Rice Cakes  Milk
Macaroni & Cheesy Legume(V) & Seasonal Vegetables Milk & Water Fresh Fruit 	Chicken Burgers & Sweet Potato Fries/Coleslaw Milk & Water Fresh Fruit 	Vegetable Beef Barley Soup Milk & Water Fresh Fruit 	Italian Pasta & meat sauce (v) W/vegetables Milk & Water Fresh Fruit 	Carrot & Legume Soup(V) & Tuna Sandwiches Milk & Water Fresh Fruit 
(V) No substitution needed.	(V) Meatless Soy Breaded burger option	(V) Vegetarian sauce made from legumes	(V) Legume, & soy, vegetable option w/potatoes	(V) No substitution needed.
Apple Wedges & Yogurt  Water	Bran Muffins  Water	Veggies, Cheese & Fruit  Water	Egg Salad on Pita  Water	Bananas & Cheese  Water

N.B. * - Indicates Infant Substitution

(V)Vegetarian dish

All lunches served with fresh seasonal fruits and finger food.



WEEK #4

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Wheat a Bix & Yogurt  Milk	Multigrain Cereal, Milk, Fruit  Milk	French Toast & Applesauce  Milk	Hard Boiled Eggs & Toast  Milk	Cranberry Carrot Muffins  Milk
Tuna Cheese Melts * Hot veggies, Coleslaw/seasonal salad  Milk & Water Fresh Fruit	Cajun Haddock Fish & Rice & vegetables  Milk & Water Fresh Fruit	Roast Chicken Stew w/ Rice & Vegetables, & Biscuits  Milk & Water Fresh Fruit	Fun Theme Meal Milk & Water Fresh Fruit	Cream of Broccoli Soup (V) & Turkey Salad Subs  Milk & Water Fresh Fruit
(V) Vegetarian sauce w/tofu & pasta	(V) Legume & Vegetable option	(V) Vegetarian stew w/legumes	(V) Vegetarian option available	(V) No substitution needed.
Fruit Smoothies  Water	Bran Muffins  Water	* Veggies, Cheese & Fruit  Water	Avocado Dip & Rye Bread  Water	* Cowboy salsa & Multigrain Nachos  Water

N.B. * - Indicates Infant Substitution

(V) Vegetarian dish














All juice is 100% Real Fruit Juice.











All lunches served with fresh seasonal fruits and finger food.

Fun Theme Meal Includes: Color Meal, Victorian Tea, Silly String Spaghetti, Story Book Theme... Selected theme & menu will be posted day before.



WEEK #5

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Rice cakes & Wow Butter  Milk	Multigrain Cereal & Banana  Milk	Hardboiled Eggs w/Toast  Milk	Blueberry Pancakes  Milk	Bananas & Cheese  Milk
Creamy Alfredo Pasta w/Legumes Seasonal/Vegetables   Milk & Water Fresh Fruit	Chana Chicken Curry (V) With Basmati Rice /Naan  Milk & Water Fresh Fruit	Turkey, Bean & Vegetable Chili (V) with Garlic Bread  Milk & Water Fresh Fruit	Roast Turkey Dinner/Casserole Hot Vegetables  Milk & Water Fresh Fruit	Home style Tomato Legume Soup (V) Grill Cheese Sandwich  Milk & Water Fresh Fruit
(V) Egg & Cheese Melt	(V) Vegetarian option, no chicken served.	(V) Bean & Vegetable chili	(V) Egg/tofu/rice & veggie casserole	(V) No substitutions needed.
Fruit Smoothies	Bran Muffins	Veggies & Cheese & Fruit	Egg Salad on Pita 	Rice Cakes & Wow Butter 

    Water	   Water	   Water	Water	Water
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N.B. * - Indicates Infant Substitution
(V)Vegetarian dish
All lunches served with fresh seasonal fruits and finger food.