



Weekly Menu

Daily Breakfast Offerings:

- Milk and Water
- Assorted Cereal
- Avocados & Greek Yogurt
- Variety of whole fruit

		Mon	Tues	Wed	Thur	Fri
Week 1	Breakfast	Creamy Avocado Toast w Whipped Cottage Cheese & Peaches	Date & Raisin Granola w Raspberries	Berry Blend oatmeal w fruit salad	Whole wheat breakfast squares & Berry Muffins	Pancakes w Berry Compote
	Lunch	Butter Chicken with Basmati Rice & Naan Chips Steamed Cauliflower	Turkey & Vegetable Chili Roasted Carrots Tri-Colour Chips	Baked Cod Nuggets Vegetable Rice Pilaf Sautéed Vegetables	Chicken Meat Balls in Marinara Ciabatta Mellow Yellow Beans	Vegetable Macaroni Casserole w Warm Sweet Corn & Pepper Salad
	PM Snack	Oven-Warmed Pita w Fresh Tomato Bruschetta Watermelon	Triple Berry Muffin Banana	Cucumber & Carrots w Cheese Cubes Apple	Homestyle Zucchini Loaf Melon	Crisps Rice Rounds w Wow butter Pears
Week 2	Breakfast	Creamy Avocado Toast w Whipped Cottage Cheese and Peaches	Dates and raisin Granola & Raspberries	Berry Blend oatmeal w fruit salad	Whole wheat breakfast squares & Berry Muffins	Pancakes w berry compote
	Lunch	Pulled Chicken Sandwich w Steamed Baby Carrots	Tri Color Tortellini w Rose Sauce & Petite Green Peas	Haddock with Brown Rice Steamed Vegetable Medley	Lemon Garlic Chicken w 7 Grain Rice & Steamed Broccoli	Pasta Primavera w Black Bean & Green Beans
	PM Snack	Warm Apple Crumble Strawberries	Spinach Loaf Watermelon	Focaccia w Herbed Cream Cheese Apple	Fresh guacamole w corn tortillas Melon	Black Bean Brownie Banana