

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk <b>Lunch:</b> Filipino Style Chicken Pancit with Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks), Fresh Fruit <b>PM Snack:</b> Plant Based Cream Cheeze, Garlic Naan	<b>AM Snack:</b> Vegan Brioche Bread, Power Up Raspberry Spread <b>Lunch:</b> Extra Lean Beef Shepherd's Pie, Whole Wheat Pita Pouch, P.E.I. Mixed Vegetables (carrots, *green & yellow beans), Fresh Fruit <b>PM Snack:</b> Whole Grain Parmesan Triscuts, Fresh Fruit	<b>AM Snack:</b> Yogurt, Fresh Fruit <b>Lunch:</b> Spinach & Cheese Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce, *Broccoli & Cauliflower, Fresh Fruit <b>PM Snack:</b> Whole Grain Zucchini Loaf, Apple & Berry & Cherry 100% Fruit Puree	<b>AM Snack:</b> Whole Grain Peach Scone, Chia Charged Papaya & Apple 100% Fruit Puree <b>Lunch:</b> Chicken Breast with Mashed Potatoes & Gravy, Whole Wheat Artisan Bun, *Peas & Carrots, Fresh Fruit <b>PM Snack:</b> Steamed Vegetables, Vegetable Corn Round	<b>AM Snack:</b> Marble Cheese Slice, Everything Crackers <b>Lunch:</b> Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes), Brown Rice, Fresh Fruit <b>PM Snack:</b> Whole Grain Blueberry Oat Bun, Fresh Fruit
WEEK 2	<b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk <b>Lunch:</b> Baked Chicken with Rainbow Couscous (corn, *green peppers, *kale, onions, red peppers), Fresh Fruit <b>PM Snack:</b> Yummy Sweet Potato Spread, Whole Grain Crackers	<b>AM Snack:</b> Waffles, Raspberry & Apple 100% Fruit Puree <b>Lunch:</b> Veggie Bean Bolognese with Pasta, *Green Peas & Carrots, Fresh Fruit <b>PM Snack:</b> Yogurt, Multigrain Trail Mix	<b>AM Snack:</b> Whole Grain Banana Blueberry Oat Muffin Bite, Fresh Fruit <b>Lunch:</b> Barley, Chicken, Vegetable Risotto (barley, corn, onions, mushrooms, *peas), Fresh Fruit <b>PM Snack:</b> Fresh Fruit, Spice Snaps	<b>AM Snack:</b> Lemon Coconut Oatmeal Bar <b>Lunch:</b> Ground Korean Style Beef Meatballs with Ginger Brown Rice, *Green & Yellow Beans, Fresh Fruit <b>PM Snack:</b> Vegan Oatmeal Date Cookie, Unsweetened Applesauce	<b>AM Snack:</b> Yogurt, Fresh Fruit <b>Lunch:</b> Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini), Fresh Fruit <b>PM Snack:</b> Whole Grain Mini Pizza Swirls, Fresh Carrots
WEEK 3	<b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk <b>Lunch:</b> Baked Chicken with Tomato Coconut Rice, *Green & Yellow Beans, Fresh Fruit <b>PM Snack:</b> Tangy Twist Hummas, Whole Wheat Naan	<b>AM Snack:</b> Vegan Brioche Bread, Berry Strong Spread <b>Lunch:</b> Creamy Carrot and Chickpea Pasta, *Broccoli & Cauliflower, Fresh Fruit <b>PM Snack:</b> Fresh Fruit, Whole Grain Garden Veggie Cracker Bites	<b>AM Snack:</b> Yogurt, Fresh Fruit <b>Lunch:</b> Extra Lean Ground Beef Sloppy Joe with Mashed Potatoes, Whole Wheat Artisan Bun, *Peas & Corn, Fresh Fruit <b>PM Snack:</b> Whole Grain Mixed Berry Loaf, Blueberry & Apple 100% Fruit Puree	<b>AM Snack:</b> Whole Grain Lemon Scone, Chia Power Dragon Fruit & Apple 100% Puree <b>Lunch:</b> Enchanted Garden Chicken with Pasta (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano beans), Fresh Fruit <b>PM Snack:</b> Steamed Vegetables, Whole Grain Corn Round	<b>AM Snack:</b> Plant Based Garlic & Herb Cream Cheeze, Cracked Wheat Crackers <b>Lunch:</b> Rustic Summer Chili (black beans, carrots, corn, *green&red peppers, onions, squash, textured vegetable protein, *zucchini), Whole Wheat Home-Style Bread, Fresh Fruit <b>PM Snack:</b> Whole Grain Apple Cinnamon Raisin Bun, Fresh Fruit
WEEK 4	<b>AM Snack:</b> Whole Grain Cereal, Fresh Fruit, Milk <b>Lunch:</b> Ground Turkey Meatballs with Mashed Potatoes & Tomato Sauce, Whole Wheat Bun, Mixed Vegetables (*broccoli, carrots, cauliflower), Fresh Fruit <b>PM Snack:</b> Yummy Sweet Potato Spread, Whole Grain Crackers	<b>AM Snack:</b> Waffles, Chunky Tropical 100% Fruit Puree <b>Lunch:</b> Zesty Lemon Chicken Medley (*broccoli, chicken, eggplant, onion, red&yellow pepper strips, *zucchini) with Brown Rice, Fresh Fruit <b>PM Snack:</b> Yogurt, Multigrain Trail	<b>AM Snack:</b> Vegan Lemon Chia Muffin Hat, Fresh Fruit <b>Lunch:</b> Tri Colour Cheese Tortellini with Creamy Garlic Bean Sauce, *Green & Yellow Beans, Fresh Fruit <b>PM Snack:</b> Fresh Fruit, Multigrain Wheat Thins	<b>AM Snack:</b> Whole Grain Cinnamon Raisin Bread, Plant Based Cream Cheeze <b>Lunch:</b> Taste Test Thursdays! (Please see posting at centre to see what's cooking!) <b>PM Snack:</b> Vegan Whole Grain Banana Cookie, Mango Tango 100% Fruit Puree	<b>AM Snack:</b> Yogurt, Fresh Fruit <b>Lunch:</b> Chicken Mac & Cheese, *Broccoli & Cauliflower, Fresh Fruit <b>PM Snack:</b> Whole Grain Mini Pizza Swirls, Fresh Carrots



\*Indicates dark green and/or dark orange vegetable offered daily.

Water is available at all times.

Fresh fruit may vary depending on the season, please refer to daily substitution summary for fresh fruit/changes.

Menu approved by a registered Dietician.