

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