

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Chicken mac & cheese, *green beans, fresh fruit, milk</p> <p>PM Snack: Multigrain chia crisps, corn salsa</p>	<p>AM Snack: Whole wheat English muffin, strawberry fruit spread, milk</p> <p>Lunch: Baked pollock fish wedge, rainbow couscous (*bell peppers, *carrots, couscous, *leeks), fresh fruit, milk</p> <p>PM Snack: Fresh fruit, whole grain garlic parmesan Triscuit thins</p>	<p>AM Snack: Whole grain cheese stuffed bagel bites, fresh fruit, milk</p> <p>Lunch: Extra lean beef meatballs with Yummy tomato sauce, cantonese noodles, *broccoli & cauliflower, fresh fruit, milk</p> <p>PM Snack: Whole grain lemon chia loaf, peach twist, 100% fruit puree</p>	<p>AM Snack: Coconut oatmeal bar, milk</p> <p>Lunch: Cheese omelette, whole wheat home-style bread, *peas & *carrots, fresh fruit, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Hard boiled egg, everything morning crackers, milk</p> <p>Lunch: Summer veggie chili (black beans, *carrots, corn, *green & red peppers, kidney beans, onions, soy protein, *squash, tomatoes), brown rice, fresh fruit, milk</p> <p>PM Snack: Blueberry oat bun, fresh fruit</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Baked 100% extra lean beef burgers, whole wheat bun, *green peas, fresh fruit, milk</p> <p>PM Snack: Whole wheat mini pita, chunky chickpea salad</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>Lunch: Buckwheat soba noodle, egg & vegetable stir-fry (*broccoli, buckwheat soba noodles, *carrots, celery, egg, green onions, *green/red peppers, lentils, *zucchini), fresh fruit, milk</p> <p>PM Snack: Fresh fruit, whole grain strawberry bite crackers</p>	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Baked falafel balls with whole wheat pita pocket, *green & yellow beans, fresh fruit, milk</p> <p>PM Snack: Vegan oatmeal date cookie, unsweetened apple sauce</p>	<p>AM Snack: Carrot bran muffin hat, tropical 100% fruit puree, milk</p> <p>Lunch: Lazy lasagna (celery, *green/red peppers, mafalda pasta, onions, *spinach, soy protein, tomatoes), *diced carrots, fresh fruit, milk</p> <p>PM Snack: Croissants, fresh fruit</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>Lunch: Curry chicken & vegetables (cauliflower, celery, chicken, onions, *peas, *sliced carrots, *sweet potato), brown rice, fresh fruit, milk</p> <p>PM Snack: Whole grain margherita pizza bites, steamed vegetables</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Tri colour cheese tortellini with pureed lentil rose sauce, *green peas, fresh fruit, milk</p> <p>PM Snack: Multigrain chia crisps, corn salsa</p>	<p>AM Snack: Whole wheat English muffin, strawberry fruit spread, milk</p> <p>Lunch: Baked fish wedge sandwich, whole wheat bun, *sunrise vegetable mix (green beans, orange & yellow carrots), fresh fruit, milk</p> <p>PM Snack: Fresh fruit, spice snaps</p>	<p>AM Snack: Whole grain cheese stuffed bagel bites, fresh fruit, milk</p> <p>Lunch: Slow cooked extra lean ground beef meatballs with tomato sauce and brown rice, *Broccoli & cauliflower, fresh fruit, milk</p> <p>PM Snack: Whole grain vegan triple berry loaf, mango, strawberry, apple 100% fruit puree</p>	<p>AM Snack: Blueberry oatmeal bar, milk</p> <p>Lunch: Chicken vegetable italiano (chicken breast strips, celery, *spinach, *green peppers, onions, *carrots, mushrooms) with vegetable pasta, fresh fruit, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Egg salad, everything morning crackers, milk</p> <p>Lunch: Lebanese chickpea & vegetable stew (*carrots sliced, chickpeas, *green/red peppers, onions, potatoes), light rye bread, fresh fruit, milk</p> <p>PM Snack: Apple oat bun, fresh fruit</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Baked haddock and cod fish cakes, vegetable brown rice (brown rice, *carrots, onions, *spinach), fresh fruit, milk</p> <p>PM Snack: Whole wheat mini pita, roasted corn, hummus</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>Lunch: Veggie taco, whole wheat tortilla, *green peas & *carrots, fresh fruit, milk</p> <p>PM Snack: Fresh fruit, multigrain crackers</p>	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Whole wheat pasta with chickpeas & creamy basil sauce, Yummy Mediterranean salad (black beans, chickpeas, corn, cucumber, *green/red peppers, quinoa, *spinach, tomatoes), fresh fruit, milk</p> <p>PM Snack: Vegan oatmeal date cookie, unsweetened apple sauce</p>	<p>AM Snack: Whole grain vegan banana muffin hat, strawberry, apple, 100% fruit puree, milk</p> <p>Lunch: Baked chicken, feta & spinach kafta with coconut barley, *broccoli & cauliflower, fresh fruit, milk</p> <p>PM Snack: Croissants, fresh fruit</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>Lunch: FUN FRIDAY!</p> <p>PM Snack: Whole grain margherita pizza bites, steamed vegetables</p>

*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.

