

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|---|--|---|---|
| WEEK 1 | AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Filipino Style Chicken Pancit w/ 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: Fresh Fruit, Whole Grain Parmesan Triscuits | AM Snack: Yogurt, Fresh Fruit Lunch: Spinach & Cheese Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce, *Spring Mix Salad with Carrots, Fresh Fruit PM Snack: Whole Grain Zucchini Loaf, Apple, Berry, Cherry 100% Fruit Puree | AM Snack: Whole Grain Peach Score, Chia Charged Papaya & Apple 100% Fruit Puree Lunch: Baked Turkey Burger, Whole Wheat Artisan Bun, *Peas & Carrots, Fresh Fruit PM Snack: Fresh Vegetables, Vegetable Corn Round | AM Snack: Marble Cheese Slice, Everything Crackers Lunch: Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) with 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 with Rainbow Couscous (corn, chicken breast, couscous, *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 Wheat Tortilla, *Green Salad w/ Purple Cabbage & Shredded 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, chicken, corn, onions, mushroom, *peas), Fresh Fruit PM Snack: Spice Snaps, Fresh Fruit | AM Snack: Lemon Coconut Oatmeal Bar Lunch: Korean Style Beef Meatballs with Ginger Brown Rice, *Spring Salad Mix, 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, Steamed Carrots |
| WEEK 3 | AM Snack: Whole Grain Cereal, Fresh Fruit, Milk Lunch: Baked Chicken with Tomato Sauce, Tomato Coconut Rice, *Green & Yellow Beans, Fresh Fruit PM Snack: Tangy Twist Hummus, 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: Whole Grain Garden Veggie Cracker Bites, Fresh Fruit | 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% Fruit Puree Lunch: Enchanted Garden Chicken (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano beans), Vegetable Pasta, Fresh Fruit PM Snack: Fresh 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 pappers, onions, squash, tvp, *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), with Brown Rice, Fresh Fruit PM Snack: Yogurt, Multigrain Trail Mix | AM Snack: Vegan Lemon Chia Muffin Hat, Fresh Fruit Lunch: Tri Colour Cheese Tortellini with Creamy Garlic Bean Sauce, *Spring Mix Salad, Fresh Fruit PM Snack: Multigrain Wheat Thins, Fresh Fruit | 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: Chicken Mac & Cheese, *Green Salad, Fresh Fruit PM Snack: Whole Grain Mini Pizza Swirls, Steamed 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.