

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