

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Butter chicken & vegetables with whole wheat couscous (cauliflower, chicken, couscous, *mixed bell pepper strips, onions, *peas, *sliced carrots)</p> <p>PM Snack: Vegan brioche bread, fresh fruit</p>	<p>AM Snack: Whole wheat English muffin, cinnamon spread, milk</p> <p>Lunch: Extra lean beef meatballs with Yummy tomato sauce, whole wheat spaghetti, *green & yellow beans, fresh fruit, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Oatmeal raisin bar, milk</p> <p>Lunch: Cream of broccoli soup (*broccoli, celery, lentils, onions, potatoes), marble rye bread, dairy free spread, fresh fruit, milk</p> <p>PM Snack: Fresh fruit, whole grain sundried tomato & basil wheat thins</p>	<p>AM Snack: Whole grain gluten free cereal, milk</p> <p>Lunch: Chickpea vegetable italiano (chickpeas, celery, *diced carrots, elbow pasta, *spinach, *green peppers, onions, mushrooms, *zucchini), vegetable fusilli pasta, fresh fruit, milk</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened apple sauce</p>	<p>AM Snack: Whole grain cranberry bread, mixed berry pomegranate apple 100% fruit puree, milk</p> <p>Lunch: Baked pollock fish wedge, brown rice, *green peas, fresh fruit, milk</p> <p>PM Snack: Steamed carrots, multigrain pita crackers</p>
WEEK 2	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Kung Pao chicken with brown rice noodles (*broccoli, *carrots, celery, corn, diced chicken, *green beans, onions), fresh fruit, milk</p> <p>PM Snack: Tomato & basil bruschetta, garlic naan</p>	<p>AM Snack: Waffles, peach twist 100% fruit puree, milk</p> <p>Lunch: Yummy chickpea soup (*carrots, celery, chickpeas, *green peas, onions, potatoes), whole wheat bread, garlic dairy free spread, fresh fruit, milk</p> <p>PM Snack: Fresh fruit, whole grain triscuit minis</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>Lunch: Baked haddock & cod fish cakes, vegetable brown rice (brown rice, *carrots, onions, *spinach), fresh fruit, milk</p> <p>PM Snack: Whole grain banana cocoa loaf, strawberry apple 100% fruit puree</p>	<p>AM Snack: Dill-ish egg salad, cracked wheat crackers, milk</p> <p>Lunch: Whole grain twirly pasta with creamy veggie bolognese (basil, corn, *diced carrots, diced tomatoes, onions, soy protein, *spinach, WG rotini pasta), *green peas & corn, fresh fruit, milk</p> <p>PM Snack: Steamed vegetables, pretzel bites</p>	<p>AM Snack: Whole grain vegan lemon raspberry muffin hat, blueberry apple 100% fruit puree, milk</p> <p>Lunch: Baked extra lean beef burgers, whole wheat bun, *broccoli florets & cauliflower, fresh fruit, milk</p> <p>PM Snack: Gingerbread oat bar, fresh fruit</p>
WEEK 3	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Baked pollock fish wedge, rainbow couscous (*carrots, celery, corn, couscous, *diced bell peppers, onions), fresh fruit, milk</p> <p>PM Snack: Vegan brioche bread, fresh fruit</p>	<p>AM Snack: Whole wheat english muffin, cinnamon spread, milk</p> <p>Lunch: Tri colour cheese tortellini with pureed lentil rose sauce, *broccoli & cauliflower, fresh fruit, milk</p> <p>PM Snack: Yogurt, multigrain cinnamon crunchy mix</p>	<p>AM Snack: Blueberry oat bar, milk</p> <p>Lunch: Alphabet split pea soup (alphabet pasta, basil, celery, green split peas, onions, *peas, *squash, *sweet potato), 9 grain bread, dairy free spread, fresh fruit, milk</p> <p>PM Snack: Fresh fruit, spice snaps</p>	<p>AM Snack: Whole grain gluten free cereal, milk</p> <p>Lunch: Chicken stroganoff with pasta (bow tie pasta, chicken, corn, mushrooms, onions, parsley, *sliced carrots, *spinach), fresh fruit, milk</p> <p>PM Snack: Vegan apple & date oatmeal cookie, unsweetened applesauce</p>	<p>AM Snack: Raisin bread, pear & apple 100% fruit puree, milk</p> <p>Lunch: Extra lean beef meatballs with tomato sauce, whole wheat bun, *green & yellow beans, fresh fruit, milk</p> <p>PM Snack: Steamed carrots, original cracker rounds</p>
WEEK 4	<p>AM Snack: Whole grain cereal, milk</p> <p>Lunch: Pasta fagioli (basil, cannellini beans, celery, corn, *diced carrots, *green peppers, onions, parsley, tubetti pasta), *green peas, fresh fruit, milk</p> <p>PM Snack: Black olive & tomato bruschetta, whole wheat naan</p>	<p>AM Snack: Waffles, raspberry crumble and apple 100% fruit puree, milk</p> <p>Lunch: Chicken meatballs with gravy, whole wheat dinner roll, sunrise vegetable mix (*green beans, *orange and yellow carrots), fresh fruit, milk</p> <p>PM Snack: Fresh fruit, whole grain autumn harvest crackers</p>	<p>AM Snack: Yogurt, fresh fruit, milk</p> <p>Lunch: Yummy veggie chili (black turtle beans, corn, *diced bell peppers, diced tomato, onions, soy protein, *squash), brown rice, fresh fruit, milk</p> <p>PM Snack: Whole grain carrot spice loaf, apple cinnamon 100% fruit puree</p>	<p>AM Snack: Hard boiled egg, cracked wheat crackers, milk</p> <p>Lunch: Chicken noodle soup (celery, *diced carrots, diced chicken, fresh noodles, *kale, onions, potatoes), whole wheat homestyle bread, lemon dill dairy free spread, fresh fruit, milk</p> <p>PM Snack: Steamed vegetables, pretzel bites</p>	<p>AM Snack: Whole grain vegan lemon blueberry muffin hats, strawberry apple 100% fruit puree</p> <p>Lunch: Cheese omelette, tomato barley, *broccoli & cauliflower, fresh fruit, milk</p> <p>PM Snack: FUN FRIDAY! See posting for special menu!</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.

