

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

