

WINTER MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	YOGURT	SMOOTHIES	CEREAL & MILK	FRESH FRUIT	OATMEAL
MORNING SNACK	ASSORTMENT OF CEREALS MILK	SPICED CARROT BREAD MILK	FRESH SEASONAL FRUIT & ENGLISH MUFFIN MILK	OATMEAL with BERRIES MILK	FRESH SEASONAL FRUIT MILK
LUNCH MEAT/ ALTERNATIVES	PAN SEARED FISH AND ROASTED POTATOES	TOMATO&LENTIL SOUP with GRILLED CHEESE SANDWICHES	HERB CRUSTED PORK LOIN with SWEET POTATOES	OVEN ROASTED CHICKEN with MUSHROOM QUINOA	SPAGHETTI BOLOGNESE
VEGETABLES	PEAS and CARROTS	HUMMUS & VEGGIES	STEAMED BROCCOLI	MIXED VEGETABLES	CAESAR SALAD with SLICED EGG
GRAINS	BUTTERED RYE BREAD	N/A	N/A	N/A	HOMEMADE GARLIC BREAD
DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT	PEARS	FRESH FRUIT	MELON	BANANAS	FRESHFRUIT
AFTERNOON SNACK	APPLES and VEGETABLE CRACKERS WATER	CHEESE, CRACKERS, CUCUMBERS WATER	BERRY PIZZA WATER	APPLESAUCE, RAISIN TOAST WATER	PUMPKIN CHEESECAKE MOUSSE, GRAHAM CRACKERS WATER

WINTER MENU WEEK 2	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL and MILK	YOGURT	2 TYPES of FRESH FRUIT	COTTAGE CHEESE with MANDARINS	TOAST with WOW BUTTER or JAM
MORNING SNACK	BAGELS WITH PINEAPPLE MILK	BANANAS & SHREDDIES MILK	MINI SPINACH OMELETTES & TOAST MILK	GRANOLA BARS and YOGURT & BERRIES MILK	FRESH SEASONAL FRUIT & CHEX CEREAL MILK
LUNCH MEAT/ ALTERNATIVES	TUNA/SALMON LOAF	BUTTERNUT SQUASH SOUP with ASSORTED SANDWICHES	CREAMY CHICKEN CASSEROLE	TOMATO ROTINI PASTA with GARLIC SAUSAGE	BEEF STEW with DUMPLINGS
VEGETABLES/ FRUIT	GREEN BEANS	VEGGIES and DIP	MIXED VEGETABLES	SPINACH CORN	PEAS and CARROTS
GRAINS	RICE	WHOLE WHEAT BREAD	RICE	N/A	DUMPLINGS
DAIRY	COTTAGE CHEESE MILK	MILK	MILK	MILK	MILK
FRUIT	ORANGES	PEARS	FRESH FRUIT	MELON	GRAPES
AFTERNOON SNACK	APPLES and CHEESE WATER	CARROT LOAF WATER	APPLESAUCE and CRACKERS WATER	APPLE and WOW BUTTER ROLLUPS WATER	PITA CRISPS with SALSA and CHEESE WATER

WINTER MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	2 TYPES of FRESH FRUIT	OATMEAL	CEREAL and MILK	BOILED EGGS and CHEESE	BAGELS with CREAM CHEESE
MORNING SNACK	OATMEAL & BERRIES MILK	BANANAS & YOGURT MILK	SMOOTHIES and TOAST MILK	MUFFINS & APPLESAUCE MILK	FRESH SEASONAL FRUIT & BAKED OATMEAL MILK
LUNCH MEAT/ ALTERNATIVES	WHITEBEAN PORK MEATBALLS in CREAMY MUSHROOM SAUCE	SALMON MELTS, DEVILLED EGGS	HOMEMADE SHEPPARDS PIE	HOMEMADE CHICKEN NOODLE SOUP	BEEF SPINACH LASAGNA
VEGETABLES	CORN	PEAS & CARROTS	ROASTED SQUASH	VEGGIES & DIP	MIXED VEGETABLES
GRAINS	EGG NOODLES	ENGLISH MUFFINS	N/A	ASSORTED SANDWICHES	GARLIC BREAD
DAIRY	MILK	COTTAGE CHEESE MILK	MILK	MILK	MILK
FRUIT	ORANGES	PEARS	APPLES and GRAPES	FRESHFRUIT	MANDARINS
AFTERNOON SNACK	MELBA TOAST with CUCUMBERS and CREAM CHEESE WATER	OATMEAL COOKIES and GRAPES WATER	BANANA and WOW BUTTER ROLLUPS WATER	YOGURT and CRACKERS WATER	APPLE LOAF MILK

WINTER MENU WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL and MILK	BAGELS & CREAM CHEESE	OATMEAL	2 TYPES OF FRESH FRUIT	EGGS and TOAST
MORNING SNACK	GRANOLA BAR and FRUIT MILK	BANANAS MILK	FRESH FRUIT MELBA TOAST MILK	YOGURT APPLE SLICES MILK	MANGOS, PEACHES & CHEESE MILK
LUNCH MEAT/ ALTERNATIVES	HOMEMADE BEEF CHILLI	CHICKEN STIR FRY with RICE	BEEF VEGETABLE SOUP with ABC NOODLES	PORK TENDERLOIN MASHED POTATOES	TUNA NOODLE CASSEROLE
VEGETABLES	CARROTS	MIXED VEGETABLES	VEGGIES and DIP	BROCCOLI	PEAS
GRAINS	CORNBREAD	RICE	TEA BISCUITS	N/A	N/A
DAIRY	MILK	MILK	MILK	MILK	MILK
FRUIT	ORANGES	APPLES	PEARS	FRESHFRUIT	FRESHFRUIT
AFTERNOON SNACK	APPLES and RITZ CRACKERS WATER	CHEESE. CRACKERS, CHERRY TOMATOES WATER	CINNAMON PITA with FRESH BERRIES WATER	EGG SALAD and SLICED EGGS with TRISCUITS WATER	GRAPES, CHEX CEREAL WATER