

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk  Juice	Whole wheat pancakes with fruit spread  Juice	Fruit muffins  Juice	Bagels with date spread  Juice	Applesauce and graham crackers  Juice
Lunch	Homemade whole wheat macaroni and cheese Salad  Bananas  Milk	Ham with whole wheat noodles and broccoli  Oranges  Milk	Meatloaf, whole wheat rice and carrots  Peaches  Milk	Ham quiche with garden salad  Homemade Oatmeal raisin cookies  Milk	Meat Lasagna with garlic bread and casear salad  Applesauce  Milk
Afternoon Snack	Pizza roll ups  Water	Cereal mix with Apples  Water	Yogurt and animal cookies  Water	Cheese and veggie tray with dip and bread sticks Water	Homemade Cinnamon/raisin tea biscuits  Water

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Whole wheat toast with homemade cheese spread  Juice	Whole wheat English muffins with fruit spread  Juice	Fruit Muffins  Juice	Hard boiled eggs with whole wheat toast  Juice	French toast with fruit spread  Juice
Lunch	Pizza with casear salad  Pears  Milk	Roast Beef with potatoes and carrots  Bananas  Milk	Spaghetti with turkey meatballs and garden salad  Rice pudding  Milk	Beef stew with whole wheat buns, veggie sticks Apple spice cake  Milk	Tuna noodle casserole Casear salad  Jell-O  Milk
Afternoon Snack	Whole wheat pita with salsa and sour cream  Water	Bread sticks, meat/cheese and pickle tray  Water	Homemade cookies with apple slices  Water	Fruit tray with yogurt dip  Water	Fruit smoothies with rice cakes  Water

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Yogurt with homemade granola  Juice	Toast with fruit spread  Juice	Fruit muffins  Juice	Hot oatmeal with milk  Juice	Bread pudding with fruit topping  Juice
Lunch	Sloppy Joes with whole wheat buns and carrots  Pears  Milk	Roast chicken, brown rice, green beans  Oranges  Milk	Homemade chicken soup and grilled cheese sandwiches Peaches  Milk	Baked Rigatoni with garden salad  Fruit Bake  Milk	Meat Chili, whole wheat buns, veggie tray  Apples  Milk
Afternoon Snack	Melba toast with date spread  Water	Cheese tea biscuits  Water	Pumpernickel Bread with spinach Dip  Water	Banana Bread with applesauce  Water	Graham crackers and yoghurt  Water

## Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal with milk  Juice	Oatmeal pancakes  Juice	Fruit Loaf with spread  Juice	Hard boiled eggs with whole wheat toast  Juice	Fruit tray with rice cakes  Juice
Lunch	Sheppard's pie with garden salad  Apples  Milk	Chicken and vegetable pot pie with whole wheat buns Homemade Date cookies Milk	Broccoli/cheese casserole with strawberry spinach salad Bananas  Milk	Chicken nuggets with whole wheat couscous and carrots Oranges  Milk	Sweet and sour meatballs with whole wheat rice and turnip Peaches  Milk
Afternoon Snack	Pizza rolls  Water	Meat, cheese, pickle tray with crackers  Water	Frozen yogurt square  Water	Tortilla chips with salsa/sour cream and cheese  Water	Fruit smoothies with animal crackers  Water