

## Menu Week 1

	Week 1	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
S N A C K		Water Cheerios with milk Banana slices	Water Tropical Fruit Salad Yogurt and granola	Water Triscuits Apple Sauce	Water WW Crackers Fresh fruit	Water French Toast Pineapple
L U N C H		Milk Shepherds Pie (with hamburger, corn and potatoes) Apricots WW Bread	Milk Beef Roast Peas Mashed Potatoes WW Dinner rolls Peaches	Milk Chicken salad sandwiches on WW bread Carrot sticks Cantaloupe	Milk Salmon loaf Couscous Zucchini Pineapple	Milk Ground Beef & Vegetable Lasagne Carrots Fresh Fruit
S N A C K		Water Rice Cakes Orange Wedges	Water Grapes Marble Cheddar	Water Strawberries & Blueberries Whole Grain Gold Fish	Water Apple Wedges Granola Bars	Water Cucumber Banana Bread

## Menu Week 2

	Week 2	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
S N A C K		Water Apple Sauce Wheat Crackers	Water Fresh fruit Carrot & Zucchini muffins	Water Pineapple Mixed Cereal	Water Bananas Toasted Whole Wheat English Muffins	Water Yogurt Smoothie Blueberry and brown sugar Peak Freans Cookies
L U N C H		Milk Homemade Mac and Cheese with chicken Mixed veggies Pears	Milk Rice Baked Haddock Carrots Cantaloupe	Milk Roast Potatoes Homemade Chicken Nuggets Green beans Tropical Fruit Salad	Milk Mashed Potato Roast Pork Loin Mixed Veggies Apple Slices	Milk Ground Turkey Chilli Zucchini WW Dinner Rolls Peaches
S N A C K		Water Carrots and dip Triscuits	Water Oat Squares Oranges	Water Mozza cubes Grapes Bread sticks	Water Blueberry Lemon Loaf Vanilla Yogurt	Water Cinnamon Pita Crisps Fresh Fruit

### Menu Week 3

	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Peaches Yogurt	Water Carrot muffins Apple Sauce	Water Cheerios Banana Slices	Water Pancakes Orange wedges	Water Mango Banana Smoothie Pumpkin loaf
L U N C H		Milk Pasta with Meat Sauce & Veggies Garlic Bread Pears	Milk Baked ham Scalloped potatoes WW Cheddar Biscuits Pineapple	Milk Meatloaf Rice Mixed veggies Mandarin Oranges	Milk Scrambled eggs Hash browns & Corn Fresh Fruit	Milk Vegetable noodle soup Mixed Veggies Egg and Tuna Sandwiches on WW bread Tropical Fruit Salad
S N A C K		Water Rice Cakes Cucumber Carrots	Water Triscuits Vegetable Cream Cheese Spread Celery	Water Grapes Rice Thin Crackers	Water Banana Muffins Mini carrots	Water Sliced Green Apples Stoned Wheat Thins

### Menu Week 4

	Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Apple Slices WW English Muffins	Water Peaches Banana Bread	Water Fruit Salad Toast	Water Cereal with milk Apple slices	Water Mixed Fruit Smoothie Triscuits
L U N C H		Milk Chicken Pizza Cucumber and carrots Pineapple	Milk Rice Sweet & Sour Meatballs WW bread Mandarin Oranges	Milk Turkey Burgers on WW buns Toss Salad Peaches	Milk Mushroom and Beef Stew with Zucchini WW Dinner Rolls Honeydew Melon	Milk Seasoned Fish Cakes Mixed Veggies Bread Fresh Fruit
S N A C K		Water Cheese Cubes Grapes Fresh Baguette	Water Granola bars Fresh fruit	Water Cantaloupe Carrot Sticks Bread Sticks Ranch Dip	Water Pita chips Homemade salsa	Water Fresh Fruit Lemon Loaf

