

## Menu Week 1

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Brown Sugar Miniwheats Fruit salad	Water Yogurt Bananas	Water Triscuits Cantaloupe	Water Quinoa Bars Oranges	Water Whole Wheat Toast Fruit Smoothie
L U N C H		Milk Homemade Mac and Cheese with Tofu Carrots Pears	Milk Sweet and Sour Meatballs Rice Corn Mandarins	Milk Chicken salad sandwiches Vegetable Soup Apple Sauce	Milk Shepherds Pie with Peas Fresh Fruit	Milk Haddock Rice Mixed Veg Pineapple
S N A C K		Water Rice Cakes Apples	Water Grapes Cheese Cubes	Water Cucumber Hummus	Water Fresh Fruit Sweet Potato Crackers	Water Carrots Rice Cakes

## Menu Week 2

	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Bananas Brown Sugar Miniwheats	Water Apples Multigrain Bagels	Water Pineapple Mini-Wheats	Water Bananas Quinoa Bars	Water Fruit Smoothie Rice Crackers
L U N C H		Milk Beef Lasagna Corn Fresh Fruit	Milk Tofu & Quinoa Chili Peaches	Milk Homemade Chicken Nuggets Rice Carrots Tropical Fruit Salad	Milk Chicken Stirfry with Rice Noodles Apple	Milk Tuna Melts Peas Cantaloupe
S N A C K		Water Carrots Triscuits	Water Whole Wheat Crackers Oranges	Water Cheese Cubes Grapes	Water Sweet Potato Crackers Honey Dew Melon	Water Sweet Beet Crackers Fresh fruit

### Menu Week 3

	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Brown Sugar Miniwheats Pears	Water Rice Crackers Bananas	Water Yogurt Peaches	Water Apples Mini-Wheat Cereal	Water Fresh Fruit Whole Wheat Toast
L U N C H		Milk Tofu & Vegetable Spaghetti Mandarin Oranges	Milk Meatloaf Rice Corn Applesauce	Milk Chicken Mac and Cheese Carrots Pineapple	Milk Grilled Chicken Rice Peas Tropical Fruit Salad	Milk Salmon Sweet Potato Mixed Veg Peaches
S N A C K		Water Oranges Whole Wheat Crackers	Water Hummus Mini Carrots	Water Honey Dew Melon Rice Cakes	Water Hummus Cucumber	Water Apples Triscuits

### Menu Week 4

	Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K		Water Quinoa Bars Pears	Water Peaches Multigrain Bagels	Water Triscuits Bananas	Water Whole Wheat Crackers Fruit Salad	Water Mixed Fruit Smoothie Sweet Potato Crackers
L U N C H		Milk Chicken Pizza Cucumber Pineapple	Milk Beef Stroganoff Peas Honeydew Melon	Milk Turkey Shepherd's Pie with Carrots Apple Sauce	Milk Tofu & Couscous Chilli Mandarin Oranges	Milk Tuna Melts Fresh Carrots Cantaloupe
S N A C K		Water Cheese Cubes Grapes	Water Sweet Beet Crackers Fresh fruit	Water Fresh Fruit Rice cakes	Water Cucumber Rice Crackers	Water Hummus Fresh Vegetable