

MENU PLAN – WEEK 1

WEEK OF: Feb.23-27

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| AM SNACK | Cereal (Shreddies, Cheerios, Rice Krispies)& milk | Toast with pea butter Milk | Fresh Fruit & yogurt Milk | Mini Bagels and Cream cheese Milk | Homemade Muffins Milk |
| LUNCH | Spinach and rice soup/crackers Fresh Fruit Water or milk | Chicken Shake n Bake with Noodles, carrot coins Fresh Fruit Water or milk | Beef Stroganoff with mash potato and corn Fresh Fruit Water or milk | Pasta with meat sauce. Salad (cucumbers/ Lettuce, Tomatoes) Homemade Dressing Fresh fruit Water or milk | Salmon Loaf with rice and peas Fresh Fruit Water or milk |
| PM SNACK | Muffins and Milk Water | Arrow Root & Melon Water | Egg Salad and Crackers Water | Cereal and milk Water | Homemade Hummus/Pita Bread Water |

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF: March 2-6

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| AM SNACK | Cereal (Shreddies, Cheerios, Rice Krispies)& milk | English muffins and Jam/cream cheese Milk | Fruit- frozen strawberries & yogurt Milk | Apple Sauce and Breadsticks Milk | Homemade Banana Loaf Milk |
| LUNCH | Rice and Lentil soup with cucumbers Fresh fruit Water & milk | Chicken ,cheese Quesadillas with sour cream Celery Sticks Fresh Fruit Water & milk | Meat loaf with rice and peas Fresh fruit Water & milk | Tortellini Soup And Crackers Eggs/crackers Fresh Fruit Water & milk | Tuna A la King (peas/corns/ carrots) and Bread Fresh Fruit Water & milk |
| PM SNACK | Cheese & crackers Water | Nacho Chips and salsa Water | Muffins/Milk Water | Fresh Fruit /Crackers Water | Rice Cakes and Cream Cheese Water |

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 1

WEEK OF: March 9-13

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------|
| AM SNACK | Apple sauce and breadsticks Milk | Bagels and cream cheese Milk | Whole Wheat Toast and Jam or cream cheese Milk | Fruit- frozen & yogurt Milk | Homemade Muffins Milk |
| LUNCH | Stracciatella soup with crackers Fresh Fruit Water & milk | Balsamic Chicken with roasted potatoes and vegetables Fresh Fruit Water & milk | White Beans with Pasta and Creamy Sauce Fresh Fruit Water & milk | Beef Fried Rice Salad(Lettuce, Tomatoes, Cucumbers) Water & milk | Tuna Melts Red Peppers Fresh Fruit Water & milk |
| PM SNACK | Banana Loaf Milk | Oranges and Graham crackers Water | Cheese & Pickles Water | Fresh Fruit and Arrow Root Water | Apple Sauce and breadsticks Water |

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF: Feb.2-6

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| AM SNACK | Cereal (Shreddies, All Bran, Rice Krispies)& milk | Apple Sauce and Arrowroot Milk | Fruit- frozen strawberries & yogurt Milk | Boiled Eggs and bread Milk | Homemade carrot muffins with milk |
| LUNCH | Rice and beans with corn Fresh Fruit Water & Milk | Chicken meat balls with noodle and peas Fresh Fruit Water & milk | Frittata and corn muffin . Cucumbers Fresh Fruit Water & milk | Taco Salad with whole wheat nacho chips/tomato, lettuce, cheese and salsa Fresh Fruit Water & milk | Pizza (whole wheat English muffin and chicken) Cucumbers Fresh Fruit Water & milk |
| PM SNACK | Cheese & crackers Water | Homemade carrot muffin and milk | Rice cake and cream cheese Water | Fresh Fruit and Breadsticks Water | Cheerios and Dried fruit Water |

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 1

WEEK OF: Feb.9-13

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| AM SNACK | Cereal (Shreddies, Cheerios, Rice Krispies)& milk | Whole Wheat Toast and Jam or cream cheese Milk | Granola with Yogurt Milk | Cheese/Fresh Fruit Milk | Homemade Muffins Milk |
| LUNCH | Chicken Noodle Soup/Crackers Cream cheese wraps Fresh Fruit Water & milk | Meat Chilli with rice and peas Fresh Fruit Water & milk | Fresh Salmon With Rice & broccoli Fresh Fruit Water & milk | Bean Quesadilla With sour cream Cucumbers Fresh Fruit Water & milk | Chicken Bruschetta Bread Fresh Fruit Water & milk |
| PM SNACK | Pretzels &Apples Water | Homemade Seminary Muffins Milk | Melba Toast And cream cheese Water | Homemade Trail Mix with Raisins Water | Celery Sticks with Soy butter and raisins Milk |

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF: Feb.16-20

LOCATION: Overbrook

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| AM SNACK | Cereal (Shreddies, Cheerios, Rice Krispies)& milk | Fresh Fruit with whole wheat mini croissants | Granola & yogurt Milk | Cheese/ Fruit Salad Milk | Homemade Oatmeal Muffins Milk |
| LUNCH | Bean Beef Minestrone Soup with buns Cucumbers Fresh Fruit | Fresh Breaded Fish, with roasted sweet potatoes and Carrot coins Fresh Fruit Water & milk | Rice chicken casserole Fresh Vegetable /Fresh Fruit Water & milk | Shepherd's Pie Salad (Tomatoes/Cucu mbers, lettuce) Homemade Dressing Fresh Fruit Water & milk | Spicy Noodle salad with Tofu Red Peppers Fresh Fruit Water & milk |
| PM SNACK | Gold Fish Raisins | Veggie chips and fresh fruit Water | Mixed Vegetables and Dip Water | Bananas and arrow roots Water | Cream cheese wraps/ Cucumbers Water |

NO PORK OR GELATIN IN THIS MENU