**MENU PLAN – WEEK 1**

**WEEK OF July 29th August 2 LOCATION: Wellington**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| AM SNACK | Honey oatmeal muffins with sunflower seed topping  Fresh fruits  Milk | English muffins with sunflower butter  Fresh fruits  Milk | Bagels with cream cheese  Fresh fruits  Milk | Whole grain cereal with bananas  Fresh fruits  Milk | Oatmeal with apples and cinnamon  Fresh fruits  Milk |
| **LUNCH** | **Bean, vegetable and vermicelli soup with baguettes and cheese slices**  **Fresh Fruit**  **Milk & water** | **Spaghetti with tomato sauce and tofu balls, tossed salad and garlic bread**  **Fresh Fruit**  **Milk & water** | **Butternut Squash dal with basmati rice and naan bread**  **Fresh fruit**  **Milk & water** | **Tex-mex casserole (tortillas layered with vegetables, tomato sauce and kidney beans) and tossed salad**  **Fresh fruit**  **Milk & water** | **Tofu burgers with sliced pickles, tomatoes and lettuce, carrot sticks**  **Fresh fruit**  **Milk & water** |
| **PM SNACK** | Egg salad sandwiches and fresh fruit  Water | Homemade granola bars and fresh fruit  Water | Yogurt muffins and fresh fruit  Water | Apple squares, cheese slices and fresh fruit  Water | Yogurt-fruit popsicles  Water |

***Our menu is entirely vegetarian***

**MENU PLAN – WEEK 2**

**WEEK OF: August 5 to 9th**  **LOCATION: Wellington**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Gluten-free squash and cranberry muffins  Fresh fruits  Milk | Yogurt with fresh granola  Fresh Fruits  Milk | Oatmeal pancakes with fruit sauce  Fresh Fruits  Milk | Whole grain cereal with banana slices and milk    Fresh fruits  Milk | Tofu Smoothies  Fresh fruits  Milk |
| **LUNCH** | **Quinoa-minestrone soup with herb biscuits and cheese slices**  **Fresh Fruits**  **Milk & water** | **Vegetarian shepherd’s pie with steamed carrots and whole wheat bread slices**  **Fresh Fruits**  **Milk & water** | **White sauce lasagna with Caesar salad and garlic bread**  **Fresh Fruits**  **Milk & water** | **North African Stew (vegetables & chickpeas in a tomato broth with cilantro)**  **Basmati rice & naan bread**  **Fresh Fruits**  **Milk & water** | **Falafels with a tahini-yogurt sauce, sliced tomatoes, cucumbers and lettuce with pita bread**  **Fresh Fruits**  **Milk & water** |
| **PM SNACK** | Cream cheese and cucumber sandwiches  Water | Zucchini bread with cheese slices and fresh fruit  Water | Raw vegetable sticks, rice crackers and hummus  Water | Squash brownies with cream cheese topping and  fresh fruit    Water | Sunflower butter cookies and fresh fruits  Water |

***Our menu is entirely vegetarian***

**MENU PLAN – WEEK 3**

**WEEK OF: August 12- 16 LOCATION: Wellington**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Mixed berries muffins  Fresh fruits  Milk | Yogurt Fruit smoothies  Fresh fruits  Milk | Cheese cube  And whole wheat crackers  Fresh fruits  Milk | Whole wheat bagel with cream cheese  Fresh fruits  Milk | Homemade loaf  Fresh fruits  Milk |
| **LUNCH** | **Carrot and ginger soup,**  **Baguettes and cheese slices**  **Milk and Water Fresh fruits** | **Vegetable Quiche and tossed salad**  **Milk and Water Fresh fruits** | **Chickpeas & red lentil masala**  **Naan bread**  **Milk and Water Fresh fruits** | **Quinoa Curry Basmati rice**  **Cucumber slices**  **Milk and Water Fresh fruits** | **Lentil burgers sliced tomatoes, and pickles**  **Whole wheat buns and corn chips**  **Milk and Water Fresh fruits** |
| **PM SNACK** | Crackers with sunflower butter Red peppers slices  Water | Blueberry buckle  Fresh fruits  Water | Homemade cookies Fresh fruits  Milk & Water | Homemade Zucchini bread Fresh fruits  Water | Crackers and cheese  Carrot sticks  Water |

***Our menu is entirely vegetarian***

**MENU PLAN – WEEK 4**

**WEEK OF: August 19-23 LOCATION: Wellington**

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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Apple sauce and yogourt  Fresh fruits  Milk | Toast and jam  Fresh fruits  Milk | Yogurt and granola  Fresh fruits  Milk | Whole wheat cereal with slice bananas  Fresh fruits  Milk | Homemade loaf  Fresh fruits  Milk |
| **LUNCH** | **Rice crackers, cheese, hummus, carrot and cucumber stick pita bread**  **Milk and Water Fresh fruits** | **Pasta Ceasar Salad**  **Fresh veggies**  **Milk and Water Fresh fruits** | **Bean burritos, salsa and fresh raw veggies**  **Milk and Water Fresh fruits** | **Tomato soup, cheese melt sandwiches**  **Carrots and green peppers**  **Milk and Water Fresh fruits** | **Frittata (Eggs, cottage and shredded cheese, red pepper and green onion)**  **Milk and Water Fresh fruits** |
| **PM SNACK** | Banana bread and oranges slices  Water | Crackers, cheese and zucchini sticks  Water | Whole wheat nacho chips with salsa  Water | Watermelon and homemade cookies  Water | Pumpkin squares and fresh fruits  Water |

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