**MENU PLAN – WEEK 1**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| AM SNACK | Honey oatmeal muffins with sunflower seed toppingFresh fruitsMilk | English muffins with sunflower butter Fresh fruitsMilk | Bagels with cream cheeseFresh fruitsMilk |  Whole grain cereal with bananas Fresh fruitsMilk | Oatmeal with apples and cinnamon Fresh fruitsMilk |
| **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 fruitWater  | Homemade granola bars and fresh fruit Water | Yogurt muffins and fresh fruitWater | 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 granolaFresh FruitsMilk | Oatmeal pancakes with fruit sauceFresh FruitsMilk | Whole grain cereal with banana slices and milk Fresh fruitsMilk | Tofu Smoothies Fresh fruitsMilk |
| **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 fruitWater | Raw vegetable sticks, rice crackers and hummusWater | Squash brownies with cream cheese topping and fresh fruit Water | Sunflower butter cookies and fresh fruitsWater |

***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 muffinsFresh fruits Milk | Yogurt Fruit smoothies Fresh fruitsMilk  | Cheese cubeAnd whole wheat crackersFresh fruitsMilk | Whole wheat bagel with cream cheeseFresh fruitsMilk  | Homemade loafFresh fruitsMilk |
| **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 buckleFresh fruitsWater | Homemade cookies Fresh fruitsMilk & Water | Homemade Zucchini bread Fresh fruitsWater | Crackers and cheese Carrot sticksWater |

***Our menu is entirely vegetarian***

 **MENU PLAN – WEEK 4**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** |  Apple sauce and yogourtFresh fruitsMilk  | Toast and jam Fresh fruitsMilk | Yogurt and granolaFresh fruitsMilk | Whole wheat cereal with slice bananasFresh fruitsMilk  | Homemade loaf Fresh fruitsMilk |
| **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 sticksWater | Whole wheat nacho chips with salsaWater | Watermelon and homemade cookiesWater | Pumpkin squares and fresh fruits Water |

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