

MENU PLAN – WEEK 1

WEEK OF:

LOCATION: Colonel By

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cheese & Crackers Alternative: Dairy free cheese Fruits, milk	Banana bread Fruits, milk	Cinnamon toast Fruits, milk	Cream Cheese & Crackers Alternative: Dairy free spread Fruits, milk	Boiled/Scrambled eggs Alternative: Dairy free yogurt Fruits, milk
LUNCH	Vegan Chef's soup with Vegetables & Multigrain Baguette Fruit, milk	Pasta & Meat sauce With Vegetables Alternative: Black beans Fruit, milk	Cheese Bread & Tex Mex Spiced Kidney Beans with Vegetables Fruit, milk	Mandarin Chicken with Rice & Vegetables Alternative: Chickpeas Fruit, milk	Tuna Wraps with Vegetables Fruit, milk
PM SNACK	Yogurt Alternative: Applesauce Fruit, milk	Chips & Salsa Fruits, milk	Cereal Fruits, milk	Applesauce & Arrowroots Fruits, milk	Chef's cookies Fruits, milk

NO PORK OR GELATIN IN THIS MENU

MENU PLAN – WEEK 2

WEEK OF:

LOCATION: Colonel By

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	Cheese & Crackers Alternative: Dairy free spread Fruit, milk	Arrowroots Fruit, milk	Fruit Loaf Alternative: Applesauce Fruit, milk	Homemade granola Cookies Fruit, milk	Cinnamon Toast Fruit, milk
LUNCH	Chickpea Curry with Rice & Vegetables Fruit, milk	Beef roll-ups with Salsa and Vegetables Alternative: black beans Fruit, milk	Fish Cakes with Lemon Mayo & Vegetables Alternative: egg free sauce Fruit, milk	Chicken in a Tomato/Zucchini Sauce & Pasta Alternative: chickpeas Fruit, milk	Spinach Quiche with Vegetables Alternative: dairy-free Fruit, milk
PM SNACK	Applesauce & Arrowroot Fruit, milk	Yogurt Fruit, milk	Apple Crumble Fruit, milk	Apple & Cheese Quesadilla Alternative: Dairy free spread Fruit, milk	Chef's Muffins Fruit, milk

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