**MENU PLAN – WEEK 1**

**WEEK OF LOCATION: George Street**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Mixed grain toast and margarineApplesWater or milk | Yogurt and house granolaBananasWater or milk | Maple pancakeApple sauceWater or milk | Cheerios and ShreddiesBananasWater or milk | Red river cereal and maple syrupBananasWater or milk |
| **LUNCH** | **Vegetable curry over Basmati rice****Cucumber and corn****Bananas****Water &milk** | **Beef cottage pie****Carrot and pineapple salad****Apples****Water or milk** | **Broccoli and pasta bake****Green salad and house vinaigrette****Pineapples****Water or milk** | **Chicken and tofu meat balls****Rice****Broccoli and peas****Bananas****Water or milk** | **Tuna and corn melt sandwich****Sugar snap peas****Grapes****Water or milk** |
| **PM SNACK** | QuesadillasGrapesWater or milk |  WW crackers and cheeseMelonsWater or milk | Coconut cookiesApplesWater or milk | Fried potatoesApplesWater or milk |  JumbleFruit saladWater or milk |

***NO PORK OR GELATIN IN THIS MENU***

**MENU PLAN – WEEK 2**

**WEEK OF:**  **LOCATION: George Street**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | WW toast and soy nut butterApplesWater or milk | Rice Krispy and CheeriosBananasWater or milk | Maple pancakeApple sauceWater or milk | Yogurt and house granolaBananasWater or milk | Corn muffinGrapesWater or milk |
| **LUNCH** | **Lentil soup****Rice pilaf****Broccoli****Bananas****Water or milk** | **Spaghetti and****Meat sauce****Spinach and corn****Apple****Water or milk** | **Cream of broccoli soup****Grilled cheese** **Carrot sticks****Grapes****Water or milk** | **Roast chicken****Caesar salad****Pita bread****Grape tomato****Bananas** **Water or milk** | **Vegetable taco rice with cheese****Corn salad****Exotic fruit****Water or milk** |
| **PM SNACK** | WW crackers and cheeseGrapesWater or milk | Vegetable sticks and dipAppleWater or milk | Spinach muffinBananasWater or milk | Rice cakes and soy nut butterApplesWater or milk | Fruit smoothieBananasWater or milk |

***NO PORK OR GELATIN IN THIS MENU***

**MENU PLAN – WEEK 3**

**WEEK OF: LOCATION: George Street**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Crumpet and margarineApplesWater or milk | Yogurt and house granolaBananasWater or milk | Maple pancakeApple sauceWater or milk | Oatmeal and molassesBananasWater or milk | Cheerios and ShreddiesBananasWater or milk |
| **LUNCH** | **Chicken curry over brown rice****Broccoli****Bananas****Water or milk** | **Udon noodle with vegetables and soy meat****Grape tomato****Melons****Water or milk** | **Fish and corn chowder****Soft bread****Cucumber****Bananas****Water or milk** | **Vegetable house pizza****Mixed green salad** **Apples****Water or milk** | **Potato gratin****Four bean salad****Oranges****Water or milk** |
| **PM SNACK** | WW crackers and cheeseOrangesWater or milk | Carrot energy ballsApplesWater or milk | Fruit tartletteMelonsWater or milk | Rice crackers Cream cheeseBananasWater or milk | Jumble and cheeseFruit saladWater or milk |

***NO PORK OR GELATIN IN THIS MENU***

 **MENU PLAN – WEEK 4**

**WEEK OF: LOCATION: George Street**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Maple pancakeApple sauceWater or milk | Cheerios and ShreddiesBananasWater or milk | Yogurt and house granolaBananasWater or milk | WW toast and carrot jamGrapesWater or milk | Rice Krispy and CheeriosBananasWater or milk |
| **LUNCH** | **Macaroni and carrot cheese sauce****Cucumber and tomato****Bananas****Water or milk** | **Beef hamburger****Potato salad****Grapes****Water or milk** | **Vegetable biryani****Broccoli and cauliflower****Bananas****Water or milk** | **Pasta salad with roast chicken****Turnip and peas****Pineapples****Water or milk** | **Minestrone soup****Corn bread****Quinoa salad****Apples****Water or milk** |
| **PM SNACK** | WW crackers and cheeseGrapesWater or milk | Vegetable sticks and dipOrangesWater or milk | Oatmeal cookiesApplesWater or milk | Hummus and pita breadBananasWater or milk | Coconut and fruit jelly (no gelatin)Fruit saladWater or milk |

***NO PORK OR GELATIN IN THIS MENU***