**MENU PLAN – WEEK 1**

**WEEK OF LOCATION: George Street**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM SNACK** | Mixed grain toast and margarine  Apples  Water or milk | Yogurt and house granola  Bananas  Water or milk | Maple pancake  Apple sauce  Water or milk | Cheerios and Shreddies  Bananas  Water or milk | Red river cereal and maple syrup  Bananas  Water 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** | Quesadillas  Grapes  Water or milk | WW crackers and cheese  Melons  Water or milk | Coconut cookies  Apples  Water or milk | Fried potatoes  Apples  Water or milk | Jumble  Fruit salad  Water 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 butter  Apples  Water or milk | Rice Krispy and Cheerios  Bananas  Water or milk | Maple pancake  Apple sauce  Water or milk | Yogurt and house granola  Bananas  Water or milk | Corn muffin  Grapes  Water 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 cheese  Grapes  Water or milk | Vegetable sticks and dip  Apple  Water or milk | Spinach muffin  Bananas  Water or milk | Rice cakes and soy nut butter  Apples  Water or milk | Fruit smoothie  Bananas  Water 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 margarine  Apples  Water or milk | Yogurt and house granola  Bananas  Water or milk | Maple pancake  Apple sauce  Water or milk | Oatmeal and molasses  Bananas  Water or milk | Cheerios and Shreddies  Bananas  Water 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 cheese  Oranges  Water or milk | Carrot energy balls  Apples  Water or milk | Fruit tartlette  Melons  Water or milk | Rice crackers Cream cheese  Bananas  Water or milk | Jumble and cheese  Fruit salad  Water 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 pancake  Apple sauce  Water or milk | Cheerios and Shreddies  Bananas  Water or milk | Yogurt and house granola  Bananas  Water or milk | WW toast and carrot jam  Grapes  Water or milk | Rice Krispy and Cheerios  Bananas  Water 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 cheese  Grapes  Water or milk | Vegetable sticks and dip  Oranges  Water or milk | Oatmeal cookies  Apples  Water or milk | Hummus and pita bread  Bananas  Water or milk | Coconut and fruit jelly (no gelatin)  Fruit salad  Water or milk |

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