

# **MENU PLAN – WEEK 1**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	Tea biscuits with home-made jam  Milk	Bagel with cream cheese  Fresh fruit  Milk	Oatmeal  Fresh fruit  Milk	Yogurt and granola  Fresh fruit  Milk	Cereal with fresh fruit  Water
<b>LUNCH</b>	Vegetable soup with tuna sandwiches  Fresh fruit  Milk	Hot beef on garlic bread Pasta salad  Fresh fruit  Milk	Chicken stew Bread  Fresh fruit  Milk	Fish and vegetables on couscous  Fresh fruit  Milk	Chicken quesadillas Tossed salad  Fresh fruit  Milk
<b>PM SNACK</b>	Yogurt with fresh fruit  water	Vegetable plater and sour cream dip Crackers  water	Cottage cheese Crackers  Water	Fruit muffin  water	Rice pudding  water



## **MENU PLAN – WEEK 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM SNACK</b>	Pancakes and fresh fruit or homemade jam  Milk	Dry cereal mix  Fresh fruit  Milk	Cream of wheat  Fresh fruit  Milk	Yogurt with cereal  Fresh fruit  Milk	Bagel and cream cheese Fresh fruit  Milk
<b>LUNCH</b>	Tomato and rice soup  Garlic bread  Fresh fruit  Milk	Beef spaghetti   Fresh fruit  Milk	Chicken drumsticks  Steamed vegetables  Fresh fruit  Milk	Tuna casserole with raw vegetables   Fresh fruit  Milk	Pizza  Tossed salad  Fresh fruit  Milk
<b>PM SNACK</b>	Cheese and crackers  Water	Carrot sticks with homemade hummus  Water	Fresh fruit and crackers  Water	Carrot muffin  Water	Fruit salad  Dry cereal mix  Water