

MENU – WEEK 1 [Fall, Winter & Spring]

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios cereals & milk	Mini wheat cereals & Milk	Waffles Milk	Multi grains Cereals & Milk	Rice cakes with apple jelly Milk
Lunch	Penne in tomato & cheese sauce with pureed beans Mixed vegetables Fresh fruits Water	Chicken & rice with mixed beans, Salad Fresh fruits Water	Fish sticks and mashed potatoes Mixed vegetables Fresh fruits Water	Chicken nuggets & rice, mixed vegetables & beans Fresh fruits Water	Pasta, crushed tomatoes, Italian beef meat balls Fresh fruits Water
Vegetarian	SAME	Veggie casserole with Tofu	SAME Casserole with tofu sauce	SAME with Vegetarian nuggets	SAME with Falafel chick peas ball
Afternoon Snack	Pita bread with Veggie dip Water	Cheese sandwich Oranges Water	Steam vegetables with Dip [sour cream, ranch or cheese] Multi-grain crackers Water	Whole wheat bagel & cream cheese Water	Home- made cake, Water

We Serve:

- ✓ CEREALS: high in fibre & low sugar content - oats, multi-grains cheerios, mini wheat
- ✓ FRESH FRUITS: honey dew, cantaloupe, apples, oranges, tangerines, water melon, bananas
- ✓ WHOLE WHEAT/MULTIGRAIN: bread, bagels, pasta, wraps, tortillas
- ✓ LEAN COLD CUTS: turkey, chicken and roast beef
- ✓ MIXED BEANS SALAD: black eyed peas, kidney beans, chickpeas, green beans
- ✓ SOUPS: home-made packed with beans, & lentils, tomato, celery, pasta, chicken/veggies
- ✓ BROWN RICE, ROTISSERIE CHICKEN and FISH STICKS, MEATBALLS CHICKEN NUGGETS with low sodium & fat content.

MENU DEVELOPED IN CONSULTATION WITH THE NUTRITIONIST FROM THE REGIONAL MUNICIPALITY OF YORK