



FRESH ORGANIC MEALS

Wholesome & Nutritious
Cooked On Site

WEEK 1	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Assorted cereals with milk and apple slices	Butternut squash and three cheese pasta	Oatmeal apple loaf	Fresh pears	Butternut squash and three cheese pasta
Tuesday	Egg frittatas with whole wheat toast	Yorkshire organic chicken meatballs on spaghetti	Fresh orange segments	Cinnamon raisin bagels with butter & banana medallions	Meatless chicken on spaghetti and sweet peas
Wednesday	Fresh waffles with maple syrup and bananas	Moroccan lentil and sweet potato stew with pita bites	Whole hard boiled eggs and crackers	Roasted honey garlic baby carrots	Moroccan lentil and sweet potato stew with pita bites
Thursday	Assorted cereals with milk & apple slices	Breaded salmon bites with mashed potatoes	Apple sauce and graham crackers	Peel your own bananas	Baked tofu in olive and tomato broth on mashed potatoes
Friday	French toast and apple slices	Yorkshire organic chicken pizzaiola on brown rice and sweet corn	Baby carrots with hummus dip	Melon wedges	Meatless chicken pizzaiola on brown rice and corn

WEEK 3	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Assorted cereals with milk and apple slices	Rosé pasta with chickpea salad	Roasted honey garlic baby carrots	Whole hard boiled eggs and crackers	Rosé pasta with chickpea salad
Tuesday	Egg frittatas with whole wheat toast	Yorkshire organic honey garlic chicken on brown rice with edamame bean salad	Cinnamon raisin bagels with butter & banana medallions	Fresh orange segments	Baked tofu tenders with orzo and broccoli salad
Wednesday	Fresh waffles with maple syrup and bananas	Zucchini, four bean and vegetable stew on brown rice	Oatmeal apple loaf	Fresh pears	Zucchini, four bean and vegetable stew on brown rice
Thursday	Assorted cereals with milk & apple slices	Beretta organic beef shepherd's pie with root vegetables	Melon wedges	Baby carrots with hummus dip	Ground veggie shepherd's pie with root vegetables
Friday	French toast and pear slices	Lentil rice pilaf mixed with vegetables	Apple slices and cheddar cheese	Peel your own bananas	Honey garlic meatless chicken on brown rice with edamame bean salad

WEEK 2	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Assorted cereals with milk and apple slices	Italian Farro vegetable soup	Fresh orange segments	Fresh baked cinnamon croissants	Italian Farro vegetable soup
Tuesday	Assorted yogurt	Cheddar and potato perogies with orzo and broccoli salad	Chunky avocado on whole wheat toast	Fresh pears	Cheddar and potato perogies with orzo and broccoli salad
Wednesday	Fresh flipped pancakes with maple syrup	Beretta organic beef bolognese undone lasagna with mixed vegetables	Baby Carrots with Hummus Dip	Raspberry yogurt loaf	Veggie ground bolognese undone lasagna with mixed vegetables
Thursday	Cinnamon raisin bagels w/ butter and banana medallions	Pasta Florentine	Cucumber and baby carrots	Roasted honey garlic baby carrots	Spinach and potato gnocchi with sweet corn
Friday	Scrambled eggs with whole wheat toast	Braised Yorkshire organic turkey and beans on mashed potatoes	Peel your own bananas	Banana loaf	Braised tofu and beans on mashed potatoes

WEEK 4	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Assorted cereals with milk and apple slices	Azorean cod fish stew with potatoes, peas and carrots	Fresh orange segments	Fresh baked cinnamon mini croissants	Tofu stew with potatoes, peas and carrots
Tuesday	Assorted yogurts	Cream of broccoli soup with orzo and garlic bread	White bean and red pepper dip with crackers	Cucumbers and baby carrots	Cream of broccoli soup with orzo and garlic bread
Wednesday	Fresh flipped pancakes with maple syrup	Yorkshire organic chicken meatballs, roasted potato wedges and cucumber slices	Peel your own bananas	Chunky avocado on whole wheat toast	Meatless chicken with roasted potato wedges and cucumber slices
Thursday	Cinnamon raisin bagels with butter and banana medallions	Cheddar and potato perogies and chickpea salad	Apple slices and cheddar cheese	Raspberry yogurt loaf	Cheddar and potato perogies and chickpea salad
Friday	Scrambled eggs with whole wheat toast	Spinach and vegetable stew with brown rice	Fresh pears	Roasted honey garlic baby carrots	Spinach and vegetable stew with brown rice

Milk and fresh seasonal fruits are served with breakfast & lunch

Substitutes for allergens are provided at each meal, please speak with the center supervisor for details

