



FRESH DAILY MEALS

Wholesome & Nutritious
Cooked On Site

Week 1	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Cinnamon Raisin Bagels with Cream Cheese	Pasta with Butternut Cheese Sauce	Mixed Bean Salad	Banana Loaf	Pasta with a Butternut Cheese Sauce
Tuesday	Greek Yogurt with Oats & Strawberry Preserve	Yorkshire Organic Chicken Mediterranean Style with Pasta Salad	Apple Pie Cups	Hard Boiled Eggs & Crackers	Mediterranean Meatless Strips with Pasta Salad
Wednesday	Vegetable Pancakes	Curried Lentil & Vegetable Soup	Orzo Salad	Fresh Pears	Curried Lentil & Vegetable Soup
Thursday	Scrambled Eggs with Whole Wheat Toast	High Liner Salmon Bites with Root Vegetable Mash	Roasted Red Pepper Hummus with Carrots	Fresh Orange Segments	Tofu Bites with Root Vegetable Mash
Friday	Veggie & Cheese Crustless Quiche	Beretta Beef Baked Pasta Al Forno	Greek Yogurt Tzatziki Dip with Naan	Seasonal Fresh Cut Fruits	Meatless Veggie Baked Pasta Al Forno

Alternative options for allergies & specific dietary restrictions are available





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Week 2	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Avocado Toast	High Liner Haddock Bites with Chickpea Pilaf	Fresh Baked Cinnamon Croissants	Fresh Orange Segments	Tofu Bites with Chickpea Pilaf
Tuesday	Feta & Egg Muffins	Cream of Broccoli Soup with Garlic Bread	Sliced Cheese & Crackers	Cucumber Sticks & Baby Carrots	Cream of Broccoli Soup with Garlic Bread
Wednesday	Scrambled Eggs with Spinach & Whole Wheat Toast	Pasta Bolognese	Sliced Banana Squashed Banana	Oatmeal Apple Loaf	Meatless Veggie Ground Pasta Bolognese
Thursday	Cinnamon French Toast	Cheddar & Potato Perogies with Broccoli Salad	Greek Yogurt Tzatziki Dip with Carrots	Egg Salad & Crackers	Cheddar & Potato Perogies with Broccoli Salad
Friday	Whole Grain Cereal with Organic Milk	Chef's Special	English Muffins with Strawberry Preserve	Melon Wedges	Chef's Special

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Week 3	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Whole Grain Cereal with Organic Milk	Spinach Pesto Pasta	Cucumber Sticks & Baby Carrots	Raspberry Loaf	Spinach Pesto Pasta
Tuesday	Waffles with Maple Syrup & Banana	Yorkshire Organic Chicken Meatball Teriyaki Style on Brown Rice	Roasted Sweet Corn	Sliced Banana Squashed Banana	Meatless Meatballs Teriyaki Style on Brown Rice
Wednesday	Mini Zucchini Scarpaccia	Spiced Butternut Squash & Apple Soup	Falafel Bites	Fresh Orange Segments	Spiced Butternut Squash & Apple Soup
Thursday	Greek Yogurt with Oats & Strawberry Preserve	Baked Fish with Potatoes, Peas & Carrots	Farro Salad	Curried Paneer & Cucumber	Meatless Veggie Ground with Potatoes, Peas & Carrots
Friday	Cinnamon Raisin Bagels with Cream Cheese	Vegetarian Bean Chili	English Muffin Margherita	Apple Slices	Vegetarian Bean Chili

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Week 4	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Cinnamon Raisin Bagels with Cream Cheese	Beretta Ground Beef in Deconstructed Stuffed Peppers with Cauliflower Rice	Roasted Sweet Corn	Melon Wedges	Meatless Veggie in Deconstructed Stuffed Peppers with Cauliflower Rice
Tuesday	Oatmeal with Strawberry Preserve	Zucchini Pilaf with Paneer Sticks	Spiced Hummus with Naan	Apple Pie Cups	Zucchini Pilaf with Paneer Sticks
Wednesday	Mini Spinach Frittatas with Whole Wheat Toast	Fish Tacos with Cabbage Salad	Farro Salad	Banana Loaf	Falafel Tacos with Cabbage Salad
Thursday	Pumpkin Spiced Pancakes with Maple Syrup	Pasta with Lentil Puree	Egg Salad & Crackers	Cucumber, Tomato Salad with Feta	Pasta with Lentil Puree
Friday	Vegetable Scrambled Eggs Whole Wheat Toast	Chef's Special	Rice Cakes & Avocado Chunks	Seasonal Fresh Cut Fruits	Chef's Special

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