



# WEEKLY MENU

Wholesome & Nutritious Meals Cooked on Site

| <b>WEEK 1</b>    | <b>BREAKFAST</b>                 | <b>LUNCH</b>                               | <b>SNACK 1</b>          | <b>SNACK 2</b>            | <b>VEGETARIAN LUNCH</b>                          |
|------------------|----------------------------------|--|-------------------------|---------------------------|--|
| <b>MONDAY</b>    | Cereal & Organic Milk            | Pasta with Butternut Cheese Sauce          | Bruschetta on Crackers  | Fresh Orange Segments     | Pasta with Butternut Cheese Sauce                |
| <b>TUESDAY</b>   | Scrambled Eggs & Crispy Potatoes | Cod Fish Tacos                             | Banana Loaf             | Cucumber Sticks & Carrots | Tofu Tacos                                       |
| <b>WEDNESDAY</b> | Banana Pancakes                  | Lentil & Bean Chili with Crackers          | Cheesy Flatbread        | Sliced Apples             | Lentil & Bean Chili with Crackers                |
| <b>THURSDAY</b>  | Avocado Cream Toast              | Deconstructed Beef & Rice Stuffed Peppers  | Pasta Salad             | Fresh Pears               | Deconstructed Vegetarian Stuffed Peppers         |
| <b>FRIDAY</b>    | Berry Yogurt Parfait Bowls       | Orange & Ginger Baked Salmon on Brown Rice | Cucumber & Cream Cheese | Melon Wedges              | Orange & Ginger Meatless Chicken with Brown Rice |

\*ALTERNATIVE OPTIONS FOR ALLERGIES & SPECIFIC DIETARY RESTRICTIONS ARE AVAILABLE\*





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| <b>WEEK 2</b>    | <b>BREAKFAST</b>                                   | <b>LUNCH</b>  | <b>SNACK 1</b>                       | <b>SNACK 2</b>            | <b>VEGETARIAN LUNCH</b>                              |
|------------------|--|---|--------------------------------------|---------------------------|--|
| <b>MONDAY</b>    | Cottage Cheese & Spinach Whip on Whole Wheat Toast | Haddock Bites & Chickpea Pilaf  | Pasta Salad                          | Fresh Orange Segments     | Meatless Meatballs & Chickpea Pilaf                  |
| <b>TUESDAY</b>   | Egg Frittata                                       | Pulled Duck with Pasta & Peas   | Cream Cheese With Crackers           | Melon Wedges              | Meatless Veggie Ground with Pasta & Peas             |
| <b>WEDNESDAY</b> | Strawberry Overnight Oats                          | Yorkshire Organic Honey-Garlic Chicken Meatballs with Mashed Potatoes | Oatmeal Apple Loaf                   | Cucumber Sticks & Carrots | Meatless Honey-Garlic Meatballs with Mashed Potatoes |
| <b>THURSDAY</b>  | Cinnamon French Toast                              | Potato & Cheddar Pierogies with Steamed Broccoli                      | Berry Cobbler & Graham Crackers      | Fresh Banana              | Potato & Cheddar Pierogies with Steamed Broccoli     |
| <b>FRIDAY</b>    | Pulled Turkey Sandwiches                           | Chef's Special  | English Muffin with Jam & WOW Butter | Apple Slices              | Chef's Special                                       |

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| <b>WEEK 3</b>    | <b>BREAKFAST</b>            | <b>LUNCH</b>                                    | <b>SNACK 1</b>                                     | <b>SNACK 2</b>                 | <b>VEGETARIAN LUNCH</b>                          |
|------------------|-----------------------------|---|--|--------------------------------|--|
| <b>MONDAY</b>    | Cereal & Organic Milk       | Broccoli Alfredo Pasta                          | Cheesy Flatbread                                   | Cucumber Sticks & Baby Carrots | Broccoli Alfredo Pasta                           |
| <b>TUESDAY</b>   | Buttermilk Pancakes         | Lemon & Herb Salmon with Rice                   | Cottage Cheese & Spinach Whip on Whole Wheat Toast | Sliced Apples                  | Lemon & Herb Tofu with Rice                      |
| <b>WEDNESDAY</b> | Pulled Turkey Sandwiches    | Orange & Ginger Tempura Chicken with Brown Rice | Bruschetta on Crackers                             | Fresh Orange Segments          | Orange & Ginger Meatless Chicken with Brown Rice |
| <b>THURSDAY</b>  | Banana Yogurt Parfait Bowls | Pasta Bolognese                                 | Banana Loaf  | Fresh Pears                    | Vegetarian Pasta Bolognese                       |
| <b>FRIDAY</b>    | Avocado Cream Toast         | Haddock Bites & Mashed Potatoes                 | Glazed Carrots                                     | Seasonal Fresh Cut Fruits      | Tofu Bites & Mashed Potatoes                     |

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| <b>WEEK 4</b>    | <b>BREAKFAST</b>        | <b>LUNCH</b>                                     | <b>SNACK 1</b>                       | <b>SNACK 2</b>            | <b>VEGETARIAN LUNCH</b>                          |
|------------------|-------------------------|--|--------------------------------------|---------------------------|--|
| <b>MONDAY</b>    | Cereal & Organic Milk   | Potato & Cheddar Pierogies with Steamed Broccoli | Avocado Cream & Crackers             | Melon Wedges              | Potato & Cheddar Pierogies with Steamed Broccoli |
| <b>TUESDAY</b>   | French Toast            | Yorkshire Chicken Pizzaiola with Brown Rice      | Raspberry Loaf                       | Cucumber Sticks & Carrots | Meatless Chicken Pizzaiola with Brown Rice       |
| <b>WEDNESDAY</b> | Eggs & Roasted Potatoes | Shepherd's Pie                                   | Cream Cheese & Cucumbers             | Fresh Orange Segments     | Vegetarian Shepherd's Pie                        |
| <b>THURSDAY</b>  | Banana Overnight Oats   | Pulled Turkey Flatbread                          | English Muffin with Jam & WOW Butter | Sliced Apples             | Meatless Chicken Flatbread                       |
| <b>FRIDAY</b>    | Pancakes with Syrup     | Chef's Special                                   | Berry Cobbler & Graham Crackers      | Seasonal Fresh Cut Fruits | Chef's Special                                   |

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