



# WEEKLY MENU

Wholesome & Nutritious Meals Cooked on Site

WEEK 1	BREAKFAST	LUNCH	SNACK 1	SNACK 2	VEGETARIAN LUNCH
MONDAY	Cereal & Organic Milk	Pasta with Butternut Cheese Sauce	Bruschetta on Crackers	Fresh Orange Segments	Pasta with Butternut Cheese Sauce
TUESDAY	Scrambled Eggs & Crispy Potatoes	Cod Fish Tacos	Banana Loaf	Cucumber Sticks & Carrots	Tofu Tacos
WEDNESDAY	Banana Pancakes	Lentil & Bean Chili with Crackers	Cheesy Flatbread	Sliced Apples	Lentil & Bean Chili with Crackers
THURSDAY	Avocado Cream Toast	Deconstructed Beef & Rice Stuffed Peppers	Pasta Salad	Fresh Pears	Deconstructed Vegetarian Stuffed Peppers
FRIDAY	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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WEEK 2		BREAKFAST	LUNCH	SNACK 1	SNACK 2	VEGETARIAN LUNCH
MONDAY	Cottage Cheese & Spinach Whip on Whole Wheat Toast	Haddock Bites & Chickpea Pilaf	Pasta Salad	Fresh Orange Segments	Meatless Meatballs & Chickpea Pilaf	
TUESDAY	Egg Frittata	Pulled Duck with Pasta & Peas	Cream Cheese With Crackers	Melon Wedges	Meatless Veggie Ground with Pasta & Peas	
WEDNESDAY	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	
THURSDAY	Cinnamon French Toast	Potato & Cheddar Pierogies with Steamed Broccoli	Berry Cobbler & Graham Crackers	Fresh Banana	Potato & Cheddar Pierogies with Steamed Broccoli	
FRIDAY	Pulled Turkey Sandwiches	Chef's Special	English Muffin with Jam & WOW Butter	Apple Slices	Chef's Special	

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

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

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