



# WEEKLY MENU

Wholesome & Nutritious Meals Cooked on Site

WEEK 1	BREAKFAST	LUNCH	SNACK 1	SNACK 2
MONDAY	Cereal & Organic Milk	Pasta with Butternut Cheese Sauce	Bruschetta on Crackers	Seasonal Fresh-Cut Fruit
TUESDAY	Scrambled Eggs & Crispy Potatoes	Cod Fish Tacos	Banana Loaf	Cucumber Sticks & Carrots
WEDNESDAY	Banana Pancakes	Lentil & Bean Chili with Crackers	Cheesy Flatbread	Seasonal Fresh-Cut Fruit
THURSDAY	Avocado Cream Toast	Deconstructed Beef & Rice Stuffed Peppers	Pasta Salad	Seasonal Fresh-Cut Fruit
FRIDAY	Berry Yogurt Parfait Bowls	Orange & Ginger Baked Salmon on Brown Rice	Cucumber & Cream Cheese	Seasonal Fresh-Cut Fruit

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





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

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

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

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