

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted cereals served with milk	Whole wheat toast with fruit jam served with milk	Fresh fruit and yogurt dip	Blueberry muffins served with milk	Pancakes and syrup served with fresh fruit and milk
Lunch	Caribbean chickpeas and vegetables stew served with buttered naan fresh fruit and milk	Homemade beef and veggies sauce baked with spaghetti/pasta and topped with cheese served with milk	Butter chicken curry served with rice vegetables fresh fruit and milk	Homemade pasta Faggioli soup, vegetables and egg muffins whole wheat dinner rolls and fresh fruit	Chicken burgers with cheese pickles and milk
Vegetarian lunch	Same as above	Homemade cheese /Tofu veggie sauce baked pasts	Homemade cheese curry served with rice vegetables fresh fruit and milk	Same as above	Veggie burger with cheese and pickles and milk
Snack	Fresh fruits with cream cheese dip	Crackers with cheese and cucumbers	Oatmeal cookies and milk	Mandarin oranges and milk	Spinach dip and assorted veggies Yogurt for babies

