



Menu (4 Weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning Snack:</p> <ul style="list-style-type: none"> In season fruit salad <p>Lunch:</p> <ul style="list-style-type: none"> Garden salad – homemade vinaigrette Main: Homemade pizza (Margherita) Dessert: Pears <p>Afternoon snack: Cantaloupe</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bagel Cream cheese <p>Lunch:</p> <ul style="list-style-type: none"> Butternut squash soup Main: Rice, shredded chicken and carrots Dessert: Apples <p>Afternoon Snack:</p> <ul style="list-style-type: none"> Homemade banana bread 	<p>Morning Snack:</p> <ul style="list-style-type: none"> Pears <p>Lunch:</p> <ul style="list-style-type: none"> Cucumber salad – homemade vinaigrette Main: Couscous and fish (with beans and corn) Dessert: Cantaloupe <p>Afternoon Snack:</p> <ul style="list-style-type: none"> Oranges 	<p>Morning Snack:</p> <ul style="list-style-type: none"> Apples <p>Lunch:</p> <ul style="list-style-type: none"> Vegetable soup Grilled cheese and butternut squash sandwich Dessert: Honeydew <p>Afternoon Snack:</p> <ul style="list-style-type: none"> Homemade hummus and carrots 	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bananas <p>Lunch:</p> <ul style="list-style-type: none"> Garden salad – homemade vinaigrette Main: Rotini pasta with lentils and carrots Dessert: Cantaloupe <p>Afternoon Snack:</p> <ul style="list-style-type: none"> Crackers and cheese
<p>Morning Snack:</p> <ul style="list-style-type: none"> Apples <p>Lunch:</p> <ul style="list-style-type: none"> Homemade crostini Main: Lentil soup Dessert: Cantaloupe <p>Afternoon snack: Homemade hummus and carrots</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bananas <p>Lunch:</p> <ul style="list-style-type: none"> Garden salad – homemade vinaigrette Main: Vegetarian lasagna Dessert: Pears <p>Afternoon snack: Homemade carrot bread</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> In season fruit and plain yogurt <p>Lunch:</p> <ul style="list-style-type: none"> Cucumber salad – homemade vinaigrette Main: Chicken Tex-Mex wrap Dessert: Oranges <p>Afternoon snack: Crackers and cheese</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bagel Cream cheese <p>Lunch:</p> <ul style="list-style-type: none"> Garden salad – homemade vinaigrette Main: White fish risotto Dessert: Honeydew <p>Afternoon snack: Oranges</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> In season fruit salad <p>Lunch:</p> <ul style="list-style-type: none"> Pasta with homemade pesto sauce Cheese bread Dessert: Apples <p>Afternoon snack: Pears</p>
<p>Morning Snack:</p> <ul style="list-style-type: none"> Bananas <p>Lunch:</p> <ul style="list-style-type: none"> Vegetable potage Homemade Focaccia (white pizza) Dessert: apples <p>Afternoon snack: Oranges</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bagel Cream cheese <p>Lunch:</p> <ul style="list-style-type: none"> Cucumber salad – homemade vinaigrette Main: Quinoa, fish et carrots Dessert: Pears <p>Afternoon snack: Homemade banana bread</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Honeydew <p>Lunch:</p> <ul style="list-style-type: none"> Pasta with tomato sauce Meatballs Dessert: apples <p>Afternoon snack: Oranges</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Cantaloupe <p>Lunch:</p> <ul style="list-style-type: none"> Garden salad – homemade vinaigrette Main: Meatloaf Dessert: Oranges <p>Afternoon snack: Apples</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> In season fruit and plain yogurt <p>Lunch:</p> <ul style="list-style-type: none"> Sheppard's pie Dessert: Pears <p>Afternoon snack: Homemade carrot bread</p>
<p>Morning Snack:</p> <ul style="list-style-type: none"> Apples <p>Lunch:</p> <ul style="list-style-type: none"> Tomato sauce and meat lasagna Cheese bread Dessert: Cantaloupe <p>Afternoon snack: Bananas</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bananas <p>Lunch:</p> <ul style="list-style-type: none"> Broccoli potage Cheese and crackers Dessert: Pears <p>Afternoon snack: Zucchini bread</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Bagel Cream cheese <p>Lunch:</p> <ul style="list-style-type: none"> Cucumber salad – homemade vinaigrette Main: Tomato sauce and white bean pasta Dessert: Apples <p>Afternoon snack: Oranges</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> Oranges <p>Lunch:</p> <ul style="list-style-type: none"> Oven baked hamburgers Oven baked potatoes Dessert: Honeydew <p>Collation après-midi: Pears</p>	<p>Morning Snack:</p> <ul style="list-style-type: none"> In season fruit and plain yogurt <p>Lunch:</p> <ul style="list-style-type: none"> Homemade crostini Main: Chicken parmesan Dessert: Cantaloupe <p>Afternoon snack: Bananas</p>

***Subject to change