

MENU # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruits	Fruits	Multigrain Cereal	Fruits	Fruits
Lunch	Lunch	Lunch	Lunch	Lunch
Brown rice with chicken and minced vegetables Water	Vegetable Soup with Whole Wheat Bread Water	Penne Pasta with Turkey Sausages Water	Meatloaf stuffed with vegetable puree and low-fat cheese Water	Turkey Sandwiches with cucumbers Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Plain Rice Cake Water	Apple sauce Water	Fruits Water	Apple and Strawberry fruit sauce Water	Home made banana bread Water

MENU # 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruits	Fruits	Pita Bread with Hummus	Fruits	Fruits
Lunch	Lunch	Lunch	Lunch	Lunch
Brown pasta spaghetti with meat and vegetable sauce Water	Brown rice with smoked chicken sausage and minced vegetables Water	Vegetarian Shepherd's Pie Water	Beef and vegetable stew with whole wheat bread Water	Tuna and vegetables sandwich Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Mixed Berry Yogurt Water	Bear Paws Water	Apple and low-fat cheese Water	Oatmeal cookie Water	Apple Sauce Water

MENU # 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruits	Fruits	Fruits	Fruits	Fruits
Lunch	Lunch	Lunch	Lunch	Lunch
Salmon and vegetables brown rice Water	Low-fat cheesy macaroni with meat and vegetables meat sauce Water	Chicken and leek soup Water	Chicken nuggets with mashed potatoes Water	Spinach Pizza Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Bear Paws Water	Greek Yogurt with berries Water	Fruit Salad Water	Oatmeal Cookie Water	Cereal Water

MENU # 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruits	Fruits	Fruits	Fruits	Fruits
Lunch	Lunch	Lunch	Lunch	Lunch
Whole wheat pasta with chicken sausage and broccoli Water	Brown rice with shrimp and sliced vegetables Water	Tofu and minced vegetables couscous Water	Chicken, vegetables and brown rice soup Water	Chicken ham salad sandwich Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Apple sauce Water	Cereal Bar Water	Crackers with low- fat cream cheese Water	Blueberry sauce Water	Home made carrot muffin Water

MENU # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Morning Snack	Morning Snack	Morning Snack	Morning Snack
Fruits	Fruits	Whole wheat bagel with low-fat cream cheese	Fruits	Fruits
Lunch	Lunch	Lunch	Lunch	Lunch
Whole wheat turkey lasagna Water	Chicken and vegetables soup with wheat crackers Water	Brown rice with turkey ham and minced vegetables Water	Ground turkey chilli with wheat crackers Water	Mushroom Pizza Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Cereal Bars Water	Greek Yogurt with berries Water	Fruits Water	Oatmeal Cookie Water	Grapes and low-fat cheese Water