

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|---|--|--|--|
| Breakfast | Assorted cereals with milk | Muffins served with milk | Assorted cereals with milk | French (egg) toast, served with syrup and milk | Whole wheat jam toast, served with milk |
| Lunch | Grilled cheese sandwiches served with minestrone chicken soup, veggie's and milk /water | Beef sauce spaghetti served with fried vegetables, fruits and milk/water | Chicken burger on whole wheat bun with pickle, mayonnaise, cucumber slices and milk/water | Chick pea stew cooked with assorted vegetables, served with buttered naan, fruits and milk | Butter chicken curry served with steamed rice, cucumber slices, fruits and milk/water |
| Vegetarian lunch | Grilled cheese sandwiches served with minestrone veg soup, and milk /water | Cheese/Tofu sauce spaghetti served with fried vegetables, fruits and milk/water | Veggie/Potato patty on whole wheat bun with pickle, mayonnaise, cucumber slices and milk/water | Same as above | Homemade cheese curry served with steamed rice, cucumber slices, fruits and milk/water |
| Snack | Granola bar and milk | Fresh fruit with milk Fruit sauce for babies | Oatmeal cookies and milk | Rice cake with butter and fruits | Cheese and cracker |