

FALL 2023 MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit	Whole Wheat Cereal and Fresh Fruit
	LUNCH	Shepherds Pie and Steamed Veggies	Sweet Fruit and Veggie Pasta Salad	Chicken Strips, Tater Tots, Fresh Veggies	Chicken and Veggie Mac 'n Cheese
	SNACK	Apple sauce, graham crackers, raisins	Veggies straws, dried fruit, fresh fruit	Apple sauce, graham crackers, raisins	Veggies straws, dried fruit, fresh fruit
TUES	BREAKFAST	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit	Yogurt and Fresh Fruit
	LUNCH	Cucumber and Cream Cheese Sandwiches, Chicken Noodle Soup, Steamed Veggies	Grilled Cheese Sandwiches, Tomato Soup, and Steamed Veggies	Cucumber and Cream Cheese Sandwiches, Chicken Noodle Soup, steamed Veggies	Grilled Cheese Sandwiches, Vegetable Soup, and Steamed Veggies
	SNACK	Cheese, Crackers and Veggies w/ Ranch	Veggies, Hummus and Pita	Cheese, Crackers and Veggies w/ Ranch	Veggies, Hummus and Pita
WED	BREAKFAST	Muffins and Fresh Fruit	Muffins and Fresh Fruit	Muffins and Fresh Fruit	Muffins and Fresh Fruit
	LUNCH	Greek Chicken Pasta Salad	Veggie Chili, butter buns & Steamed Veggies	Pasta & Meat/Veggie Sauce	Pancakes with Fresh Fruit and turkey sausage
	SNACK	Cereal Bars & Fruit	Goldfish crackers, cheese slices and Fruit	Veggies, Hummus and Pita	Goldfish crackers, cheese slices and Fruit
THURS	BREAKFAST	Banana bread and Fresh Fruit	Banana bread and Fresh Fruit	Banana bread and Fresh Fruit	Banana bread and Fresh Fruit
	LUNCH	Butter chicken, Naan Bread and veggies	Shahi Paneer with Rice and veggies	Cheese, turkey sausage & Veggie Pasta Salad	Chicken lettuce wraps with hashbrowns
	SNACK	Cereal Bars & Fruit	Animal Crackers and Fruit	Cereal Bars & Fruit	Animal Crackers and Fruit
FRI	BREAKFAST	Oatmeal Cookies and Fresh Fruit	Oatmeal Cookies and Fresh Fruit	Oatmeal Cookies and Fresh Fruit	Oatmeal Cookies and Fresh Fruit
	LUNCH	Wow butter and Jam Sandwiches on Whole Wheat Bread & Fresh Veggies	Alfredo Tortellini and steamed veggies	Pizza buns & Fresh Veggies (Sr Pre make their own)	Turkey & Cheese Quesadillas & Fresh Veggies
	SNACK	Chef's Special	Chef's Special	Chef's Special	Chef's Special

**** All meals are served with milk and water for drink choices.**

Vegetarian and halal options are also available.

All meals follow the Canada Food Guide. **