

EDUCARA MENU



WEEK ONE	MONDAY	TUESDAY	WEDENSDAY	THURSDAY	FRIDAY
AM SNACK	Orange wedges and fresh baked muffins.	Mini bagel with cream cheese and apple slices.	English muffin with cream cheese and fresh berries.	Grapes with fresh baked muffins.	Cinnamon rolls and mandarine oranges.
LUNCH	Californian chicken salad on bun, Chef salad Fruit salad. Milk/Water.	Pizza with vegan crumble, Steamed cauliflower, Wedge potatoes Milk/Water.	Frittata with leek and cheddar cheese, steamed sliced carrots Milk/Water.	Grilled vegetables and hummus wrap sandwich , kettle chips potatoes, steamed broccoli Milk/Water.	Boneless chicken wings, chef salad Milk/Water.
PM SNACK	Cucumber and digestive cookies.	Carrot/cucumber with ranch, Arrowroot cookie.	Avocado chocolate mousse and fresh fruit (avocado, coco powder, coconut milk, maple syrup topped with toasted oat	Watermelon Arrowroot cookies.	Cantaloupe and cranberry with biscuits.
WEEK TWO	MONDAY	TUESDAY	WEDENSDAY	THURSDAY	FRIDAY
AM SNACK	Apples and low sugar chocolate chips cookies.	Peaches and Fresh baked muffin.	Fruit salad with cinnamon roll.	Banana bread and kiwi fruit.	Carrot muffin and diced pineapple.
LUNCH	Whole wheat penne pasta with primavera sauce, Watermelon wedges Milk/Water.	Mexican wrap (peppers, onion, corn, refried beans and lettuce), steamed carrot Milk/Water.	Tofu stir fry served with jasmin rice, Diced pears Milk/Water.	Crepe with chicken and vegetables served with chef salad, Orange wedges Milk/Water.	Butternut squash and black bean chili served, steamed broccoli Milk/Water.
PM SNACK	Rice cakes and sliced pears.	Dairy free smoothie with arrowroot cookies.	Cheese and crackers, cucumber slices.	Pita chips and hummus dip.	Clementine oranges and ricotta cheese.

* REMEMBER TO DICE SMALL AND COOK VEGGIES UNTIL SOFT

Note: where no milk/egg product is required, the items will be substituted with vegan mayo or vegan cheese, Monday to Friday inclusively

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Fresh fruit salad with blueberry bread.	Fresh baked muffins and pears.	Mini bagel with Jam and grapes	Lemon cranberry bread and watermelon slices.	Mini Croissants & diced honeydew.
LUNCH	Cottage and ricotta cheese lasagna, watermelon slices Milk/Water.	Vegetable eggrolls with plum sauce served with vegetable rice, Cantaloup Milk/Water.	4 cheese pizza with broccoli Milk/Water.	Coconut chickpea stew with jasmin rice, Steamed broccoli, Milk/Water.	Chicken and fresh herb frittata served with home fries, steamed carrot Milk/Water.
PM SNACK	Coconut milk, banana smoothie and soft pretzels.	Pineapple bites with apple sauce.	Banana and granola.	Orange wedges with arrowroot cookies.	Hummus dip and pita chips.
WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Lemon cranberry bread and kiwi.	Fresh baked muffin and grapes.	Bagels with cream cheese and pineapple	Watermelon slices and arrowroot cookie.	Pears with oat and raisin cookie.
LUNCH	Pasta with chicken, sun dried tomato, spinach in a rose sauce, steamed broccoli Milk/Water.	Broccoli and quinoa cakes served with salsa, steamed cauliflower Milk/Water.	Vegetarian burger (chickpea, barley and vegetables), Greek Salad Milk/Water.	Rice stir fry with chicken fingers. Milk/Water.	Turkey wrap sandwich, chef salad Milk/Water.
PM SNACK	Rice crackers and mandarin orange.	Sliced peach and digestive cookie	Diced cantaloup and crackers.	Apple slices drizzled with WOWbutter, granola and raisin	Fruit salad, Oatmeal cookies.

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