

## Fall/Winter Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack	MG Cheerios with milk Banana	Scrambled eggs with Croissants Clementine's Milk	Oatmeal with Cinnamon & Fresh Diced Apples Milk	½ WW Bagels with Sunflower Butter and Sliced Banana Milk	Whole Grain Pancakes topped with Mango Milk
Lunch	Macaroni and Cheese 3 bean salad California Vegetable Mix (Broccoli, Cauliflower, Carrots) Cantaloupe Milk	Lemon Chicken (red peppers and carrots) Brown Rice Green Beans Pear slices Milk	Sloppy Joe(beef) With Spinach & Mushrooms and tomato sauce Over Quinoa with butternut squash Pineapple Milk	Baked Sole Tacos with WW wraps (shredded cheese) Cabbage Salad (Shredded Red & Green Cabbage, broccoli, Carrots) Oranges Milk	Shredded chicken with orzo soup with carrots and corn Steamed peas ¼ WW Tuna wraps Nectarines Milk
Lunch vegetarian Alternative	Soya milk	Lemon Veggie Chicken (red peppers and carrots) Brown Rice Green Beans Pear slices Soya milk	Sloppy Joe(veggie beef) With Spinach & Mushrooms and tomato sauce Over Quinoa with butternut squash Pineapple Soya milk	Black Bean Taco (shredded cheese) with (Shredded Red & Green Cabbage, Carrots) Oranges Soya milk	Shredded tofu orzo soup with carrots and corn Steamed peas ¼ WW Tuna wraps Nectarines Soya milk
PM Snack	½ WG Turkey and Cheese with Cherry Tomato Sandwich Water	Wow butter Apple slices Celery Sticks MG Melba Toast Water	Cheddar cheese cubes Cucumber slices WG Triscuits Crackers Water	Plain Yogurt Peaches Rice Cake crackers Water	Carrot Loaf Cheese cubes Green Grapes Water
PM Late Snack	Clementine's Water	½ apple Water	Mixed Fruit Slices Water	Digestive Cookies Water	½ Bananas Water

Updated: November 13, 2020

## Fall/Winter Week Two Menu


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Multigrain Cereal with milk Oranges	Apple Bran Bread ¼ Banana Milk	Oat, Flax Pancakes Mango Milk	Scrambled Eggs ½ Multigrain Toast Milk	Homemade Banana muffins Clementine's Milk
<b>Lunch</b>	Minestrone Soup with vegetables (diced carrots, peas and corn) Brussel Sprouts ½ WW turkey wrap Pineapple Milk	Diced chicken casserole (diced chicken, red peppers, carrots) Brown Rice Broccoli Nectarine Milk	Beef Chili with kidney beans with shredded cheese Barley With spinach Cauliflower Peaches Milk	 Whole Wheat Spaghetti with Chicken meat sauce, topped with Shredded Mozzarella Peas & Carrots Green Grapes Milk	Pollock Fish Patty with Quinoa Salad with orange and green pepper cubes Green Beans Cantaloupe Milk
<b>Lunch Vegetarian Alternative</b>	Minestrone Soup with vegetables (diced carrots, peas and corn) Brussel Sprouts ½ WW vegetarian turkey wrap Pineapple Soya milk	Diced vegetarian chicken casserole (diced chicken, red peppers, carrots) Brown Rice Broccoli Nectarine Soya milk	Vegetarian Chili with kidney beans with shredded cheese Barley With spinach Cauliflower Peaches Soya milk	WW Pasta with Veggie Ground meat and Tomato sauce Shredded Mozzarella Peas & Carrots Green grapes Soya milk	Veggie chicken burger Quinoa Salad with orange and green pepper cubes Green Beans Cantaloupe Soya milk
<b>PM Snack</b>	Rainbow Tuna Salad WW Melba toast Apple slices Water	Tomato, Cucumber & Boccioni Salad with croissants Water	Strawberry Yogurt Graham Wafer Crackers Pine apple Water	Veggies (Cucumber/ green peppers/red pepper sticks with cheddar cheese cubes Rice Crackers Water	WOW Butter on WW bagels(½) Pear Slices Water
<b>Late Snack</b>	Graham wafer crackers Water	Orange Slices Water	Apple slices Water	Digestive cookies Water	Crackers Water

## Fall/Winter WEEK THREE MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM Snack</b>	MG Cheerios with milk Apple Slices	Morning Glory Loaf Pineapple chunks Milk	Mini Omelets with Kale, Spinach and Arugula Milk	Oatmeal with Blueberries Milk	Sunflower Butter on WW English muffin ¼ banana Milk
<b>Lunch</b>	Macaroni and cheese Bean Medley Salad California Vegetable Mix (Broccoli, Cauliflower and Carrots) Red Grapes Milk	Sweet and Sour Meatballs Couscous with diced Cucumbers and Orange Peppers Peas Peaches Milk	 Greek Chicken Souvlaki bites Orzo Steamed Green and Yellow beans Cantaloupe Milk	Shredded chicken with barley soup with carrots and corn Squash ½ WW WOW Butter Sandwiches Clementine Milk	Pollock Fish Patty Brown Rice Red pepper sticks Zucchini Mango Milk
<b>Lunch Vegetarian Alternative</b>	Soya milk	Sweet and Sour Veggie Meatballs Couscous with diced Cucumbers and Orange Peppers Peas Peaches Soya milk	Veggie chicken nuggets with Orzo Green & Yellow Beans Cantaloupe Soya milk	Shredded veggie chicken with barley soup with carrots and corn Squash ½ WW WOW Butter Sandwiches Clementine Soya milk	Tofu with Brown Rice Red pepper sticks Zucchini Mango Soya milk
<b>PM Snack</b>	½ WW wrap Tuna Salad Oranges Water	Cheddar cheese cubes Cucumber sticks & Baby Carrots 8 grain crackers Water	Cottage Cheese with Strawberries Flax & Honey Crackers Water	Meatless Pasta Salad with Beans with diced Zucchini, peppers and tomatoes Water	Peach Yogurt High Fibre Granola Apple slice Water
<b>Late Snack</b>	Fish crackers Water	Clementine Water	Animal Cookies Water	½ Bananas Water	Digestive Cookies Water

Updated: November 13, 2020

## Fall/Winter WEEK FOUR MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM Snack</b>	WW English muffins with WOW butter ¼ Banana Milk	Croissants with cheddar cheese cubes Milk Pineapple	Scrambled eggs with WW Mini Pitas Clementine's Milk	Multigrain Cheerios cereal with milk Pears	WW French Toast Milk ¼ banana
<b>Lunch</b>	Macaroni and Cheese Savory Black Beans Steamed Broccoli, Cauliflower and carrot Red Grapes Milk	Tomato Soup Quinoa ½ Chicken Wrap Green beans Mango Milk	Turkey Chili Steamed Barley Brussel Sprouts Cantaloupe Milk	 <b>Italian</b> Chicken Cacciatore Whole Wheat Pasta Peas Baked Buttercup Squash Nectarines Milk	Pollock Fish Burger on a WW Bun Cabbage Slaw (shredded Red & Green Cabbage, broccoli, Carrots) Oranges Milk
<b>Lunch Vegetarian Alternative</b>	Soya milk	Tomato Soup ½ Vegetarian Wrap Quinoa Green beans Mango Soya milk	Vegetarian Turkey Chili Steamed Barley Brussel Sprouts Cantaloupe Soya Milk	Tofu in cacciatore sauce WW Pasta Peas Baked Buttercup Squash Nectarines Soya milk	Baked Tofu with WW bun Cabbage Slaw(shredded Red & Green Cabbage, broccoli, Carrots) Oranges Soya milk
<b>PM Snack</b>	Turkey Slices WW mini pitas Water Peaches	Bean Melody salad Celery sticks 8 grain crackers Water	Carrot & Bran Loaf with cottage cheese Red grapes Water	Apple sauce Sunflower Butter with MG Melba Toast Water	Yogurt Soda Crackers Apple slices Water
<b>PM Late Snack</b>	Graham Wafer crackers Water	Apples Water	Digestive cookies Water	Cucumber slices Water	1/2 Bananas Water

Updated: November 13, 2020