

# Sample Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

RICE KRISPIES

CEREAL

2% MILK

APPLES

WHOLE WHEAT BREAD WITH BUTTER

2% MILK

ORIGINAL EGGO WAFFLES WITH PEA BUTTER

2% MILK

MULTIGRAIN CHEERIOS CEREAL

2% MILK

BUTTERMILK PANCAKES WITH MAPLE FLAVOURED APPLE SAUCE

2% MILK

SWEET POTATO FRIES  
CHICKEN STRIPS (MADE FROM CHICKEN BREAST)  
STEAMED CARROTS, PEAS & CORN

CUCUMBERS

WHOLE WHEAT BREAD WITH BUTTER

2% MILK

ORANGES

GREEN PEPPERS/CARROTS

CHILLI

RED KIDNEY BEANS/LEAN GROUND BEEF MIXED WITH PASTA SAUCE

STEAMED PAR BOILED RICE

BREAD AND BUTTER

2% MILK

ORANGES

BROCCOLI & CHICKEN ALFREDO - DICED CHICKEN BREAST COOKED WITH ONION, GARLIC COMBINED WITH PLAIN CREAM CHEESE/ CREAM PARMESAN/ BROCCOLI/CANOLA OIL/MILK AND WHOLE WHEAT MACARONI

BREAD AND BUTTER

2% MILK

PICKLES & ORANGE PEPPERS

BANANAS

CUCUMBERS

FRIED RICE COOKED WITH DICED CHICKEN BREAST/MIXED VEGETABLES/ONION/ GARLIC/RED PEPPERS/GREEN PEPPERS

WHOLE WHEAT BREAD WITH BUTTER

2% MILK

PEARS

GREEN & RED PEPPER MASHED POTATOES

100% LEAN GROUND BEEF MARINATED WITH GARLIC AND OTHER SPICES STIRRED INTO BEEF GRAVY SUACE WITH MIXED VEGETABLES

WHOLE WHEAT BREAD

2% MILK

APPLES

APPLES  
BAGELS WITH CREAM CHEESE

WATER

PEARS

LOW SODIUM RITZ CRACKERS

CANTALOUPE

WATER

APPLES

UNSALTED CRACKERS WITH TUNA & MAYO

ORANGES

GOLD FISH CRACKERS

BANANAS

OATMEAL COOKIES

2% MILK

PEACHES

WHEAT CRACKERS

CHEESE CUBES

WATERMELON

WATER

PLUMS

