

Weekly Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Baked potatoes and cheese	Weetabix and milk	Boiled egg	Pancakes	Cinnamon toast
Lunch	chillie	Cream of broccoli	Poke bowl of veg rice and chicken	Paella	Ramen noodles with beef and veg
PM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Additional Snacks/Meals	Cracker and cheese	Bagel and cheese	Cracker and cheese	Raisin toast	Cracker and cheese

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Spanish omelette	Cereal and milk	Pancake	Baked potato	Oatmeal with apple
Lunch	Veg curry and rice	Tomato soup and cheese sandwich	Spaghetti and marinara and cheese	Pho with vermicelli n veg	Butter chicken and rice
PM Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Additional Snacks/Meals	Cracker and Cheese	Naan and Humus	Cheese and Cracker	Bread and Butter	Naan and Humus

Note: When substituting a menu item, cross out the item and write the substituted item(s).