

Weekly Fall Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Baked potatoes and cheese	Oatmeal with apple	Egg wrap	pancakes	Oatmeal with berries
Lunch	Chillie	Chicken Noodle soup	Beef stew with bread	Lemon chicken and Orzo	spaghetti 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	Oatmeal n fruit	Weetabix and warm milk	Baked potatoe	Oatmeal with apple
Lunch	Lentil curry and rice	soup and cheese sandwich	Shell pasta and marinara and cheese	stir fry veg beans and rice	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

Milk and water served at meal times