



January 2021 Menu



4 th – 8 th	Monday 4 th	Tuesday 5 th	Wednesday 6 th	Thursday 7 th	Friday 8 th
Morning snack	Assorted Cereal & Fruits Milk/Water	Raisin Bread Fruits Milk/Water	Oatmeal & Fruits Milk/Water	Yogurt With Arrowroot biscuits & Fruits Milk/Water	Blueberry Muffin Fruits Milk/Water
Lunch	Mediterranean Bean & Spinach Soup Fresh Fruits Milk/Water	*Baked Fish w Sweet Potato & Green Peas Banana Milk/Water	Butter *Chicken Brown Rice Herbs & Garlic Baby Carrot Fresh Fruits Milk/Water	Veggie Lasagna Seasonal Veggie Apple Sauce Milk/Water	*Beef & Vegetable Soup Garlic Bread Pears Milk/Water
Substitutes		*baked tofu	*Tofu		*Veggie Soup/Tofu
	Hummus Dip & Naan Bread Cucumber Coins Water	Cheese & Crackers With Seedless Grapes Water	Nut Free Trail Mix Seasonal Fruit Water	Banana Roll Up Water	Nachos with Salsa Fruit Smoothie Water
11 th – 15 th	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
Morning snack	Cereals Fresh Fruits Milk/Water	Yogurt & Fruits Milk/Water	W/W Toast & Wow Butter Apple Sauce Milk/Water	Assorted Cereal Fresh Pears Milk/Water	Waffles Fruits Milk/Water
Lunch	Soft Shell *beef taco Lettuce, tomato, cucumber, sour cream and Cheese Fresh Apples Milk/Water	Butter Bean and Barley Stew with Potato & Carrots Fresh Fruits Milk/Water	*Lemon/Dill Fish Fillet Garlic Sweet Potato Seasoned Green Beans Banana Milk/Water	*Chicken Shawarma with Brown Rice Mixed Veggie Fresh Orange Milk/Water	Lentil Soup & Whole Wheat Crackers Cesar Salad Fruits Milk/Water
Substitutes	*Beans		Baked tofu	*tofu	
Afternoon snack	Zucchini Bread Fruits Water	Carrots & Celery with Ranch Dip Avocado W cottage Cheese Water	Rice Cakes, Cream Cheese & Coin Cucumber Water	Banana Loaf & Yogurt Water	Fruit Muffin Water



January 2021 Menu



18 th – 22 nd	Monday 18 th	Tuesday 19 th	Wednesday 20 th	Thursday 21 st	Friday 22 nd
Morning	Assorted Cereals Fresh Fruits Milk /Water	Fruit Muffins Apple Sauce Milk/Water	Oatmeal &Fruits Milk/Water	Pancakes W Syrup Banana Milk/Water	Yogurt & Fruits Milk/Water
Lunch	Breaded Fish with Steamed Broccoli Orange Milk/Water	Four Cheese baked pasta Seasoned Green Beans Fruits Milk/Water	*Chicken Burgers On WW Bun with Lettuce Sweet Potato Wedges Apples Milk/Water	Veggie Chili W/Brown Rice Fresh Fruits Milk/Water	*Meat loaf, cauliflower mash and mixed veg. Fruit Milk/Water
Substitutes			*Veggie Burgers		*Baked Tofu
Afternoon	Cheese and crackers and apples Water	Cereal Trail mix with Yogurt Water	Cottage Cheese W fruits Water	brownies w fruit Water	Nacho Chips W Salsa Dip & Sour Cream Water
25 th – 29 th	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
Morning	Breakfast Bar Fruit Milk/Water	Pancakes and fruit Milk/Water	Yoghurt and fruit Milk/Water	Assorted Cereal and Fruits Milk/Water	Banana Loaf Milk/Water
Lunch	Bowtie pasta w *Chicken Meat balls Cesar Salad Apple Sauce Milk/Water	Tomato & Black Bean Bisque Cheddar Stuffed Baguette Seasonal Fruits Milk/Water	*Beef W Broccoli and Brown Rice Steamed poke choy Orange Milk/Water	*Tuna Pasta Bake Apple Crisp Milk/Water	Potato and Leak Soup w Garlic Cheese Focaccia Fruit Milk/Water
Substitutes	*Tofu		*Black Beans	*Veggie Pasta Bake	
Afternoon	Rice Cake with cream cheese &Seasonal Fruit Water	Banana Roll up Water	Trail Mix & Fruits Water	Vegetable Spring Roll with Plum Sauce Water	Hummus Dip W Pita Bread And veggies Water