



March 2021 Menu



1 st – 5 th	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
Morning snack	Assorted Cereal Seasonal Fruit Milk/Water	Zucchini Bread Milk/Water	Overnight Oatmeal with Fruit Milk/Water	* Yogurt with Seasonal Fruit Milk/Water	Fruit Muffin Milk/Water
Lunch	Beef & Barley Stew with Veggies, Bread Seasonal Fruit Milk/Water	Red Bean & Quinoa Vegetable Soup * Crackers Seasonal Fruit Milk/Water	* Baked Chicken in Tomato Sauce, Veggies and Pasta Seasonal Fruit Milk/Water	Lentil Soup and Vegetables Seasonal Fruits * Crackers Milk/Water	Black Eyed Peas Brown Rice with Veggies Seasonal Fruit Milk/Water
Afternoon Snack	Banana Roll up with WOW/Sunflower Seed Butter Water	Rice Pudding With Fruits Water	Pita Bread with * Sour Cream & Salsa Apple Slices Water	Cheese & Crackers Water	Cereal Trail Mix Seasonal Fruit Water
Substitutes	* Tofu & Barley Stew with Veggies	* Corn Tortilla	* Pan Fried Tofu * Salsa	* Chia Pudding * Corn Tortilla * Sunflower Butter and Rice Cake	* Vegetable and Barley Stew * Hummus
8 th – 12 th	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
Morning snack	Assorted Cereal Seasonal Fruit Milk/Water	Rice Cakes with Cream Cheese & Seasonal Fruits Milk/Water	Yogurt Seasonal Fruit Milk/Water	Banana Bread Milk/Water	Overnight Oatmeal with Fruits Milk/Water
Lunch	Veggie Chilli With Brown Rice Seasonal Fruit Milk/Water	* Meatloaf , Tomato Sauce, Mixed Vegetables Seasonal Fruit Milk/Water	* Tuna and vegetable pasta bake Seasonal fruit Milk/Water	Alphabet Vegetable Soup, Beans & Crackers Apple Crisp Milk/Water	* Chicken and Vegetable Pasta Bake , Seasonal Fruit Milk/Water
Afternoon snack	* Yogurt & Fruits Water	Pita Bread with Hummus Water	Cucumber Coins with * Cream Cheese & Rice Cakes Water	Cereal Trail Mix With Dried Fruit Water	Fruit Smoothie and Rice Cakes Water
Substitutes	* Chia Pudding	* Chickpea Pancakes	* Utapam * Sunflower Butter		* Vegetable Baked Pasta

Key: Coloured coded substitutes for snack and main meals, where dairy would normally be used, a dairy free substitute is available.



March 2021 Menu

	*Hummus	*Chia Pudding			
15 th – 19 th	Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th
Morning	Assorted Cereal Seasonal Fruit Milk /Water	Blueberry Muffins Milk/Water	*Yogurt with Fruits Milk/Water	Rice Cake and *Cream Cheese Seasonal Fruit Milk/Water	Overnight Oatmeal with Fruits Milk/Water
Lunch	* Pasta with Meat Sauce, Green Peas Seasonal Fruit Milk/Water	Mexican Rice with Red Beans and Vegetables, Cucumber, *Sour Cream Seasonal Fruit Milk/Water	Mixed vegetable and quinoa bake Seasonal Fruit Milk/Water	Veggie Curry with Tofu & Rice Seasonal Fruits Milk/Water	*Tuna Pasta Bake Seasonal Fruit Milk/Water
Afternoon Snack	Rice Cakes with Sunflower Seed Butter Seasonal Fruit Water	Banana Bread Water	Rice Pudding Seasonal Fruit Water	Banana Roll up with Wow/Sunflower Butter Water	Pita Bread with Hummus Seasonal Fruit Water
Substitutes	*Brown Rice Pasta with Beans and Tomato Sauce	*Hummus	*Chia Pudding	*Sunflower butter	*Tofu Rice Past Bake
22 nd – 26 th	Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th
Morning Snack	Assorted Cereal Seasonal Fruit Milk/Water	Carrot Muffins Seasonal Fruit Milk/Water	Overnight Oatmeal W Fruits Milk/Water	Cereal with Fruits Milk/Water	*Yogurt Seasonal Fruit Milk/Water
Lunch	*Beef and Veggie Soup Bread Seasonal Fruits Milk/Water	*Baked Chicken W Brown Rice and Mixed Veggies Seasonal Fruit Milk/Water	*Butter Bean and Barley Soup W potato and Carrot Seasonal Fruit Milk/Water	Potato Enchiladas, Cucumber Salad with *Sour Cream Seasonal Fruit Milk/Water	Tomato Soup with Crackers Apple Crisp Milk/Water
Afternoon Snack	*Naan Bread with Sour Cream Dip & Cucumber Coins Water	Zucchini Bread Water	Hummus with Pita Bread Water	Cereal Trail Mix Seasonal Fruit Water	Pita Bread with Hummus Seasonal Fruit Water

Key: Coloured coded substitutes for snack and main meals, where dairy would normally be used, a dairy free substitute is available.



March 2021 Menu



Substitutes	*Bean & Veggie Soup *Rice Cake and Seasonal Fruit	* Baked Tofu		*Hummus	*Chia Pudding
--------------------	--	--------------	--	----------------	----------------------

Key: Coloured coded substitutes for snack and main meals, where dairy would normally be used, a dairy free substitute is available.