



Spring/Summer Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cereal/Milk	Waffles /Fruits	WW Bagel / Cream Cheese	Cheerios/Fruit	Strawberry Muffins
Lunch	Chicken* Bolognese WW Pasta Broccoli Fruits Milk	Breaded Fish* Fillet Potato Wedges Steamed California Veggies Fruits Milk	Veggie Stew/Chickpeas Brown Rice Fruits Milk	Taco Cheesy Pasta with Ground Meat* & Sweet Peppers Fruits Milk	Vegetable Beef* Soup with Barley, Potato, Carrots and Corn Fruits Milk
Substitutes	*Veggie Bolognese	*Breaded Tofu		*Veggie Cheesy Pasta	*Veggie soup
Afternoon snack	Cucumber Coins/ Sour Cream/ Pita Bread	Fruit Yogurt/Crackers	Zucchini Loaf	Banana Roll Ups	Trail Mix and Apple

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Cereal/Milk	Waffles /Fruits	WW Bagel/Cream Cheese	Cheerios/Fruit	Strawberry Muffins
Lunch	Tuna* Sandwich Tomato Soup Fruits Milk	Veggie Chilli Brown Rice Fruits Milk	Meatballs and Spaghetti Steamed Carrots Fruits Milk	Chicken* Fried Rice Green beans / Sweet Corn Fruits Milk	Hearty Minestrone Soup with Noodles & Tofu Fruits Milk
Substitutes	*Veggie Sandwich		*Beans Sauce	*Chickpea Fried Rice	
Afternoon snack	Fruit Yogurt/ Crackers	Banana Roll Ups	Carrot Loaf	Cucumber Coins/ Salsa/ Pita Bread	Trail Mix /Apple



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal/Milk	Waffles /Fruits	WW Bagel / Cream Cheese	Cheerios/Fruit	Strawberry Muffins
Lunch	Mac & Cheese with White Bean Sauce Cauliflower Fruits Milk	Beef* Shepherd's Pie with Veggies Fruits Milk	HM Breaded Chicken* Strips Potato Wedges Steamed Broccoli Fruits Milk	Beef* Casserole with Rice and Green beans Fruits Milk	WOW Butter & Jam Sandwich on WW Bread/Carrot Sticks Fruits Milk
Substitutes		*Lentil & Veggie Shepherd's Pie	*Breaded Tofu	*Bean Casserole	
Afternoon	Cucumber Coins/ Sour Cream/ Pita Bread	Zucchini Loaf	Banana Roll Ups	Fruit Yogurt/ Crackers	Trail Mix /Apple
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal/Milk	Waffles /Fruits	WW Bagel / Cream Cheese	Cheerios/Fruit	Strawberry Muffins
Lunch	Creamy Chicken Penne Steamed Broccoli/Cauliflower Fruits Milk	Mexican Bean Rice/ Corn/Cabbage/ Sour Cream Fruits Milk	Tuna* Casserole Steamed California Veggies Fruits Milk	Chicken*/Veggie Rice Soup with WW Bread Fruits Milk	Cheese Pizza with Beef Pepperoni and Tomato Sauce Fruits Milk
Substitutes	*Creamy White Bean Penne		*Tofu	*Chickpeas	*Cheese Pizza
Afternoon	Fruit Yogurt / Crackers	Cucumber Coins/ Salsa/ Pita Bread	Banana Roll Ups	Carrot Loaf	Trail Mix / Apple