





Menu week 1




	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk
Lunch	Pumpkin patties	Cheese and pesto muffin	Rice with fish and tomato sauce	Quinoa salad	Chicken couscous
Protein 	Tofu	Eggs, cheese	Fish	Chickpeas	Chicken
Vegetables 	Broccoli and green beans	Crudités: carrots, tomatoes and cucumbers	Broccoli and bell peppers	Vegetables	Zucchini, carrots and pumpkin
Starch 	Bulgur (cracked wheat)	Flour	Rice	Quinoa	Couscous
Dessert 	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon snack	Jam bread	Fruit + milk (banana, pear, apple, orange)	Pita with hummus + crudités	Fruit + milk (banana, pear, apple, orange)	Sfouf + milk



Menu week 2




	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk
Lunch	Chicken biryani	Spring vegetables omelette	Rice with red beans and maple syrup	Lentil soup	Spaghetti bolognese
Protein	Chicken	Eggs	Red beans	Lentils	Meat
Vegetables 	Peas and carrots	Crudités	Beet salad	Carrots and sweet potatoes	Peas and carrots
Starch 	Riz	Bread	Rice	Crackers	Pasta
Dessert 	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon snack	Crackers + cheese + crudités	Fruit + milk (banana, pear, apple, orange)	Pita with hummus + crudités	Fruit + milk (banana, pear, apple, orange)	Molasses cookies + milk



Menu week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk	Fruit yogurt + Multi-grain Cheerios	Fruit + milk
Lunch	Tuna sandwich	Risotto with peas	Penne with beets and feta cheese	Rice and lentils	Chicken and pesto pasta
Protein 	Fish	Ground meat	Chickpeas	Lentils	Chicken
Vegetables 	Crudités	Peas and carrots	Beets	Crudités	Tomatoes
Starch 	Bread	Rice	Pasta	Rice	Pasta
Dessert 	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon snack	Oatmeal cookies + milk	Fruit + milk (banana, pear, apple, orange)	Pita with hummus + crudités	Fruit + milk (banana, pear, apple, orange)	Crackers + cheese + crudités