

WINTER  
Menu Week 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Oats	Mealie Meal	Oats	Mealie Meal	Oats
<u>Snack</u>	Sandwiches	Yogurt	Popcorn	Fruit	Muffins
<u>Lunch</u>	Chicken Ala King Vegetables	Vegetable Soup Bread	Spaghetti Bolognaise Carrot Sticks	Chicken Soup Bread	Fish/Chicken Strips Chips Salad
<u>Snack</u>	Fruit & Juice	Sandwiches & Juice	Fruit & Juice	Sandwiches & Juice	Fruit & Juice

Menu Week 2

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	Mealie Meal	Oats	Mealie Meal	Oats	Mealie Meal
<u>Snack</u>	Fruit	Popcorn	Yogurt	Popcorn	Muffins
<u>Lunch</u>	Macaroni & Cheese Vegetables	Vegetable Soup Bread	Cottage Pie & Salad	Butternut Soup Bread	Hot dogs & Fruit Slices
<u>Snack</u>	Sandwiches & Juice	Fruit & Juice	Sandwiches & Juice	Fruit & Juice	Bread & Juice Friday treat

