

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
<b>Breakfast</b>	Blueberry Pancakes Fruit/Milk	Breakfast Wraps Fruit/Milk	French Toast Fruit/Milk	Crouque Monsier Fruit/Milk	Waffles Fruit/Milk	
<b>Infant Snack</b>	Apple Sauce	Cheese Cubes/ Crackers	Yogurt	Buttered Toast	Fruit	
<b>Lunch</b> <b>Veg:</b> <b>Reg:</b>	Taco Salad w/ Beans  Taco Salad w/ Beef w/ Tortilla Chips	Pesto Chickpea Pasta  Pesto Chicken Pasta W/ Veg	Minestrone Soup Minestrone Soup  w/ Cheese Bread	Sweet and Sour Yves ‘Meatballs’ Sweet and Sour Meatballs w/ Veg and Rice	Sandwich of the Month	
<b>PM Snack</b>	Finger Sandwiches	Veggies and Hummus	Muffins and Fruit	Yogurt and Fruit	Apple Sauce and Graham Crackers	

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
<b>Breakfast</b>	Scrambled Eggs and Toast Fruit/Milk	Yogurt Parfait Fruit/Milk	English Muffins Fruit/Milk	Banana Bread Fruit/Milk	Vegetable Hash Fruit/Milk	
<b>Infant Snack</b>	Fruit Puree	Scrambled Eggs	Banana Porridge	Fruit	Bread Pudding	
<b>Lunch</b> <b>Veg:</b> <b>Reg:</b>	Chickpea Caesar Salad Chicken Caesar Salad w/Garlic Bread	Pasta w/ Bean Sauce Pasta w/ Beef Sauce w/ Veg	Mulligatawny w/Tofu Mulligatawny w/ Chicken w/ Naan Bread	Rice Dish of the Week	Bean Melts Tuna Melts w/ Veg and Dip	
<b>PM Snack</b>	Strawberry Kiwi Muffins	Cheese and Crackers	Cheese Toast and Veg	French Bread and Spinach Dip	Fruit Salad and Crackers	

	Monday Pasta	Tuesday Salad	Wednesday Soup	Thursday Rice	Friday Sandwich	
<b>Breakfast</b>	Oatmeal Apple Brown Betty Fruit/Milk	Tex Mex Frittata Fruit/Milk	Morning Glory Muffins Fruit/Milk	Breakfast Boats Fruit/Milk	Chocolate Chip Pancakes Fruit/Milk	
<b>Infant Snack</b>	Apple Sauce	Fruit	Yogurt	Fruit Smoothie	Crackers and Cheese	
<b>Lunch Veg: Reg:</b>	Vegetarian Lasagna  Vegetarian Lasagna	Cobb Salad Cobb Salad w/ Rosemary Crostiti's	Italian Wedding Soup w/ Yves "Meatballs" Italian Wedding Soup w/ Turkey Meatballs	Butter Chickpeas  Butter Chicken w/ Veg	Quinoa Black Bean Wraps Quinoa Black Bean Wraps w/ Veg and Dip	
<b>PM Snack</b>	Brownies and Fruit	Savoury Crepes	Tortilla Chips and Salsa	Granola and Yogurt	Tea Biscuits and Jam	

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<b>Breakfast</b>	Farmers Skillet Fruit/Milk	Raspberry White Chocolate Scones Fruit/Milk	Breakfast Quiche Fruit/Milk	Tea Biscuits w/ Jam Fruit/Milk	Potato Pancakes Fruit/Milk	
<b>Infant Snack</b>	Carrot Muffins	Fruit Smoothie	Baby Cookies	Cinnamon Pancakes	Fruit Pudding	
<b>Lunch</b> <b>Veg:</b> <b>Reg:</b>	Chef Salad Chef Salad Garlic Cheese Biscuits	Chickpea Alfredo Pasta Chicken Alfredo Pasta w/ Veg	Soup of the Week	Vegan Chickpea Curry Vegan Chickpea Curry	Bean Quesadilla  Beef Quesadilla Veg/Dip	
<b>PM Snack</b>	Pretzels and Fruit	Veg and Hummus	French Bread and Spinach Dip	Cookies and Fruit	Rice Pudding and fruit compote	

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
<b>Breakfast</b>	Corned Beef Hash Fruit/Milk	Cinnamon Buns Fruit/Milk	Vegetable Skillet Fruit/Milk	Blueberry Scones Fruit/Milk	Breakfast Wraps Fruit/Milk	
<b>Infant Snack</b>	Buttered Toast	Scrambled Eggs	Rice Pudding	Apple Sauce	Yogurt	
<b>Lunch</b> <b>Veg:</b> <b>Reg:</b>	Asian Style Noodle Salad w/ Tofu  Asian Style Noodle Salad w/ Chicken	Pasta of the Week	Bean and Rice Soup Chicken and Rice Soup w/ Buns	Salsa Chickpeas  Salsa Chicken w/ Veg	Chickpea Salad Sandwich  Chicken Salad Veg and Dip	
<b>PM Snack</b>	Turkey Wraps	Yogurt and Fruit	Garlic Cheese Biscuits	Bagel and Cream Cheese	Chocolate Chip Scones	

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
<b>Breakfast</b>	Chocolate Zucchini Bread Fruit/Milk	Mushroom Swiss Quiche Fruit/Milk	Pancakes Fruit/Milk	Omelette Fruit/Milk	French Toast Casserole Fruit/Milk	
<b>Infant Snack</b>	Pancakes	Fruit Smoothie	Muffins	Cheese Cubes and Deli Turkey	Arrowroot Cookies	
<b>Lunch</b> <b>Veg:</b> <b>Reg:</b>	Salad of the Week	Mac 'n' Cheese  Mac 'n' Cheese Garden Salad	Broccoli and Leek Soup  Broccoli and Leek Soup w/ Biscuits	Teriyaki Tofu  Teriyaki Chicken w/ Veg	Pizza of the Month  Pizza of the Month	
<b>PM Snack</b>	Sweet Crepes, with Fruit	Garlic Toast and Fruit	Banana Bread Fruit	Veg Sticks and Cheese Cubes	Puffed Wheat Squares and Fruit	