

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
Breakfast	Blueberry Pancakes Fruit/Milk	Breakfast Wraps Fruit/Milk	French Toast Fruit/Milk	Crouque Monsier Fruit/Milk	Waffles Fruit/Milk	
Infant Snack	Apple Sauce	Cheese Cubes/ Crackers	Yogurt	Buttered Toast	Fruit	
Lunch Veg: Reg:	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	
PM Snack	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	
Breakfast	Scrambled Eggs and Toast Fruit/Milk	Yogurt Parfait Fruit/Milk	English Muffins Fruit/Milk	Banana Bread Fruit/Milk	Vegetable Hash Fruit/Milk	
Infant Snack	Fruit Puree	Scrambled Eggs	Banana Porridge	Fruit	Bread Pudding	
Lunch Veg: Reg:	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	
PM Snack	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	
Breakfast	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	
Infant Snack	Apple Sauce	Fruit	Yogurt	Fruit Smoothie	Crackers and Cheese	
Lunch Veg: Reg:	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	
PM Snack	Brownies and Fruit	Savoury Crepes	Tortilla Chips and Salsa	Granola and Yogurt	Tea Biscuits and Jam	

	Monday Salad	Tuesday Pasta	Wednesday Soup	Thursday Rice	Friday Sandwich	
Breakfast	Farmers Skillet Fruit/Milk	Raspberry White Chocolate Scones Fruit/Milk	Breakfast Quiche Fruit/Milk	Tea Biscuits w/ Jam Fruit/Milk	Potato Pancakes Fruit/Milk	
Infant Snack	Carrot Muffins	Fruit Smoothie	Baby Cookies	Cinnamon Pancakes	Fruit Pudding	
Lunch Veg: Reg:	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	
PM Snack	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	
Breakfast	Corned Beef Hash Fruit/Milk	Cinnamon Buns Fruit/Milk	Vegetable Skillet Fruit/Milk	Blueberry Scones Fruit/Milk	Breakfast Wraps Fruit/Milk	
Infant Snack	Buttered Toast	Scrambled Eggs	Rice Pudding	Apple Sauce	Yogurt	
Lunch Veg: Reg:	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	
PM Snack	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	
Breakfast	Chocolate Zucchini Bread Fruit/Milk	Mushroom Swiss Quiche Fruit/Milk	Pancakes Fruit/Milk	Omelette Fruit/Milk	French Toast Casserole Fruit/Milk	
Infant Snack	Pancakes	Fruit Smoothie	Muffins	Cheese Cubes and Deli Turkey	Arrowroot Cookies	
Lunch Veg: Reg:	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	
PM Snack	Sweet Crepes, with Fruit	Garlic Toast and Fruit	Banana Bread Fruit	Veg Sticks and Cheese Cubes	Puffed Wheat Squares and Fruit	