








# May Menu

 As much certified organic food as practical  
 locally inspired meals  
 Strictly nut free  
 All baking from our kitchen with simple ingredients  
 no highly processed foods  
 No artificial colours or flavour  
 AAA Alberta beef or Angus

1st week		Mon 5/1	Tues 5/2	Wed 5/3	Thurs 5/4	Fri 5/5
Breakfast		Waffles fruit Milk	Cereal fruits Milk	Bagels/cream cheese berries Milk	Scrambled eggs/toast fruit Milk	Cereal fruits Milk
	Reg.	Chicken curry yogurt	tomato pasta caesar salad	Chicken stir fry Rice	Shaperd's pie Salad	Quinoa soup Avocado salad
Lunch	Veg.	veggie curry rice	plain pasta Salad	veggie mix&egg	mashed potato veggie	same menu
	Ingredient	Chicken/pepper potato/onions/ carrots/apple Milk	beef pasta sauce onion romain lettuce toms cucumber Milk	chicken carrots onion rice potato green pea Milk	ground beef veggie mix cheese potato Milk	quinoa tomato butter celery onions Milk
PM Snack		Brownies veggies/dip	Multigrain Chips fruit	Crackers/cheese veggies/dip	Cookies Fruit	banana bread fruit

2nd week		Mon 5/8	Tue 5/9	Wed 5/10	Thu 5/11	Fri 5/12
Breakfast		yogurt granola milk	Cereal fruit Milk	English muffins/jam fruit Milk	Yogurt/granola berries Milk	Breakfast burritos fruit Milk
	Reg.	Mac& cheese	Chicken crossants Salad	Chicken spring rolls Salad	Lentil veggie soup cheese scone	homemade burger Salad
Lunch	Veg.	same menu	crossants	Veggies spring rolls	same menu	plain bun Avocado salad
	Ingredient	marcaroni onion celery cheese milk	chicken lettuce toms cheese cucumber Milk	chicken flour wrap onions/celery/peppers carrots Milk	lentil bean onions/celery/carrots toms/lettuce/peppers Milk	beef pepper onion veggies lettuce fruit Milk
PM Snack		oatmeal cookis fruit	banana bread fruit	italian pound cake fruit	Cheese strings fruit	multigrain chips fruit

3rd week		Mon 5/15	Tues 5/16	Wed 5/17	Thurs 5/18	Fri 5/19
Breakfast		Waffles fruit Milk	Cereal fruits Milk	Bagels/cream cheese berries Milk	Scrambled eggs/toast fruit Milk	Cereal fruits Milk
	Reg.	Chicken curry yogurt	tomato pasta caesar salad	Chicken stir fry Rice	Shaperd's pie Salad	Quinoa soup Avocado salad
Lunch	Veg.	veggie curry rice	plain pasta Salad	veggie mix&egg	mashed potato veggie	same menu
	Ingredient	Chicken/pepper potato/onions/ carrots/apple Milk	beef pasta sauce onion romain lettuce toms cucumber Milk	chicken carrots onion rice potato green pea Milk	ground beef veggie mix cheese potato Milk	quinoa tomato butter celery onions Milk
PM Snack		Brownies veggies/dip	Multigrain Chips fruit	Crackers/cheese veggies/dip	Cookies Fruit	banana bread fruit

4th week		Mon 5/22	Tue 5/23	Wed 5/24	Thu 5/25	Fri 5/26
Breakfast			Cereal fruit Milk	English muffins/jam fruit Milk	Yogurt/granola berries Milk	Breakfast burritos fruit Milk
	Reg.	Victoria day	Chicken crossants Salad	Chicken spring rolls Salad	Lentil veggie soup cheese scone	homemade burger Salad
Lunch	Veg.	Centre closed	crossants	Veggies spring rolls	same menu	plain bun Avocado salad
	Ingredient		chicken lettuce toms cheese cucumber Milk	chicken flour wrap onions/celery/peppers carrots Milk	lentil bean onions/celery/carrots toms/lettuce/peppers Milk	beef pepper onion veggies lettuce fruit Milk
PM Snack			banana bread fruit	italian pound cake fruit	Cheese strings fruit	multigrain chips fruit