

June 2017 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 5/29	Tues 5/30	Wed 5/31	Thurs 6/1	Fri 6/2
Breakfast	Cereal fruits Milk	toast w/jam fruits Milk	Yogurt Parfait berries/granola/yogurt Milk	English muffins/Jam fruit Milk	Scrambled eggs/Toast berries Milk
Lunch	Reg. Tomato pasta Caesar salad	Chicken stir fried rice	Potato cream soup dinner bun	Shepards Pie Veggie shepards pie	dinner bun Tomato lentil soup
	Veg. plain tomato pasta	egg rice Veggie mix	potato cheese	mashed potato veggie bean mix	
	Ingredient tomato sauce ground beef onions	chicken breast onions	celery, onions butter, milk	beef/mixed veg/lentils /potatoes /cheese	Cheese/lentils/bread toms/onions/celery carrots
PM Snack	Avocado chips fruits	Chocolate chips	Italian pound cake Veggies	Banana bread Fruit	fruits veggie chips
2nd week	Mon 6/5	Tue. 6/6	Wed. 6/7	Thu. 6/8	Fri. 6/9
Breakfast	Cereal fruit Milk	Bagle cream cheese fruit Milk	carrots muffins fruit Milk	Waffles fruit Milk	Oatmeal berries Milk
Lunch	Reg. Japanese Curry yogurt	Beef barley soup tortilla chips	Chicken strips Salad or Veggies	Spagetti Caesar salad	Sloppy joes veggies/hummus
	Veg. Curry rice	Veggies barley soup tortilla chips	Cheese scone Salad	Tomato pasta Caesar salad	cheesy joes veggies/hummus
	Ingredient japanese curry chicken veggies rice	beef/black beans barley veggies	Chicken strips Romain lettuce toms cucumber	beef/soy onions/peppers/mush tomato/gf pasta lettuce	beef/chickpeas peppers/onions/celery cheese/tom paste
PM Snack	Cookies fruit	Yogurt Fruit	Multigrain chips veggies	Cheese strings veggies	Bread pudding fruit
3rd week	Mon 6/27	Tues 6/28	Wed 6/29	Thurs 6/30	
Breakfast	Waffles fruit Milk	Oatmeal berries Milk	Bagels/cream cheese berries Milk	Scrambled eggs/toast fruit Milk	
Lunch	Reg. Chicken noodle soup bread	Meat balls Rice/veggies	Grilled chicken potatoes/bean salad	BBQ hawaii pizza veggies/hummus	
	Veg. Vegetable noodle soup bread	Veggie balls Rice/veggies	grilled tofu	Veggie pizza veggies/hummus	
	Ingredient Chicken/kidney beans Celery/onions/ carrots/broccoli gf noodles Milk	beef/kidney beans Celery/onions/pepper	chicken/tofu kidneybeans/backbeans cherry toms/onions	Chicken/chickpeas pinapples/onions pita bread	
PM Snack	Brownies veggies/dip	Multigrain Chips fruit	Crackers/cheese veggies/dip	Cookies Fruit salad	
4th week	Mon 7/4	Tue 7/5	Wed 7/6	Thu 7/7	Fri 7/8
Breakfast	Cereal fruit Milk	Blueberry scones fruit Milk	English muffins/jam fruit Milk	Yogurt/granola berries Milk	Breakfast burritos fruit Milk
Lunch	Reg. Lasanga ceasar salad	Chicken Pita paninis Veggie/hummus	Beef stir fry rice	Turkey Sandwiches Quinoa soup	Bean Burritos veggies/dip
	Veg. Veggie lasanga ceasar salad	Veggie Paninis veggie/hummus	Tofu stir fry rice	grilled veg sandwich Quinoa soup	
	Ingredient Beef/broccoli Toms/cheese/lettuce celery/onions/peppers mushrooms Milk	black beans corn/peppers/onions cheese/tomatoes	Beef/Tofu zucchini/mushrooms onions/celery/peppers carrots	Turkey/Quinoa onions/celery/carrots toms/lettuce/peppers	beans/cheese/lettuce sourcream/salsa/toms
PM Snack	Pita chips veggies	Graham crackers apple sauce	Yogurt fruit salad	Cheese strings fruit	Apple cinnamon scones fruit