

WEEK ONE June 19-23 July 24-28 Aug. 28-Sept. 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Blueberry Pancakes Fruit/Milk	Cereal Fruit/Milk	Omelette Fruit/Milk	Breakfast Wraps Fruit/Milk	Waffles Fruit/Milk	
				eggs, sausage, cheese.		
Infant Snack	Apple Sauce	Rice Pudding	Cucumber and Deli Turkey	Fruit Smoothie	Banana Pancakes	
Lunch Reg: Veg:	Taco Salad w/ Beans Burrito Milk/Fruit	Pesto Chicken Pasta Pesto Chickpea Pasta W/ Veg Milk/Fruit	Minestrone Soup Minestrone Soup w/ Cheese Bread Milk/Fruit	Sweet and Sour Meatballs Sweet and Sour Yves ‘Meatballs’ w/ Veg and Rice Milk/Fruit	Shepherd’s Pie Buns Milk/Fruit	
	Beans, lettuce, tomato, cheese, wraps, seasoning	Chicken, nut free pesto, veg, pasta	Tomato, beans, vegetables, stock, pasta	Veg, rice, sweet and sour sauce, beef meatballs or yves meatless meatballs	Beef (or beef substitute), egg, cheese, potatoes, vegetables	
PM Snack	Muffins and Fruit Water	Veggies and Hummus Water (*sub steamed veg for	Puffed Wheat Squares and Fruit Water	Yogurt and Fruit Water	Apple Sauce and Graham Crackers Water	

WEEK TWO June 26-30 July 31-Aug. 4	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Yogurt Parfait Fruit/Milk	English Muffins Fruit/Milk	French Toast Fruit/Milk	Oatmeal Apple Brown Betty Fruit/Milk	Vegetable Hash Fruit/Milk	
	Yogurt, granola, fruit		eggs, veg, cheese	Oatmeal, apples, flour, sugar, lemon, cinnamon	Potatoes, mixed vegetables, seasoning	
Infant Snack	Scrambled Eggs	Banana Porridge	Assorted Fruit Soft Crackers	Fruit Puree	Yogurt	
Lunch Reg: Veg:	Pasta w/ Beef Sauce Pasta w/ Bean Sauce w/ Veg Milk/Fruit	Mulligatawny w/ Chicken or tofu w/ Naan Bread Milk/Fruit	Rice Dish of the Week (ex. Chili, pad thai, stir fry) Milk/Fruit	Potato and Leek Soup Crackers Milk/Fruit	Tuna Melts Bean Melts w/ Veg and Dip Milk/Fruit	
	Beef, spices, veg, pasta	Chicken, carrots, celery, onion, stock, cream, spices		Potatoes, leeks, milk, stock, tofu	Tuna, celery, green onion, pickles, mayo, cheese, buns	
PM Snack	Cheese and Crackers Water	Fruit Smoothie Water	Bread and Spinach Dip Water	Garlic Toast and Fruit Water	Fruit Salad and Yogurt Water	

WEEK THREE July 3-7 Aug. 7-11	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Chocolate Chip Pancakes Fruit/Milk	Tex Mex Frittata Fruit/Milk	Morning Glory Muffins Fruit/Milk	Breakfast Boats Fruit/Milk	Cereal Fruit/Milk	
		Beef, veg, spices, shredded potatoes, eggs	Carrot, apples, coconut, eggs, sugar, flour, vanilla, cinnamon	Baguette, turkey, veg, eggs, cheese		
Infant Snack	Apple Sauce	Fruit	Oatmeal	Fruit Smoothie	Scrambled Eggs	
Lunch Reg: Veg:	Vegetarian Lasagna Vegetarian Lasagna Milk/Fruit	Cobb Salad Cobb Salad w/ Rosemary Crostoni's Milk/Fruit	Italian Wedding Soup w/ Turkey Meatballs or w/ Yves "Meatballs" Milk/Fruit	Butter Chicken Butter Chickpeas w/ Veg and Rice Milk/Fruit	Pizza of the Month Pizza of the Month Milk/Fruit	
	Tomatoes, spinach, spices, eggs, ricotta, mozzarella, garlic, pasta	Lettuce, tomatoes, cucumber, deli turkey, cheese, dressing, eggs	Broth, spinach, veg, meatballs, orzo pasta	Chicken, cream, tomatoes, spices, vegetables, rice		
PM Snack	Granola and Yogurt Water	Sweet Crepes with Fruit Water	Tortilla Chips* and Salsa Water <small>*(sub. chips with crackers for infants)</small>	Black Bean Brownies and Fruit Water	Veg Sticks and Cheese Cubes Water <small>(sub. Steamed veg for infants)</small>	

WEEK FOUR July 10-14 Aug. 14-18	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Breakfast Quiche Fruit/Milk	Tea Biscuits w/ Jam Fruit/Milk	Farmers Skillet Fruit/Milk	Raspberry White Chocolate Scones Fruit/Milk	Potato Pancakes Fruit/Milk	
	Pie crust, vegetables, turkey, cheese, spices		Vegetables, eggs, potatoes, cheese			
Infant Snack	Deli Turkey and Cucumber	Cinnamon Pancakes	Rice Pudding	Fruit Smoothie	Fruit Pudding	
Lunch Reg: Veg:	Salsa Chicken with Rice and Veg Salsa Chickpeas With Rice and Veg Milk/Fruit	Soup of the week (ex. Carrot and ginger soup, ramen, pho, beef and barley etc.) Bread Milk/Fruit	Vegetarian Coconut Curry with Naan Bread Milk/Fruit	Chicken Alfredo Pasta Chickpea Alfredo Pasta w/ Veg Milk/Fruit	Beef Quesadilla Veg/Dip Bean Quesadilla Veg/Dip Milk/Fruit	
	Salsa, corn, veg, rice, chicken		Coconut, vegetables, tofu, spices	Chicken, mushrooms, peas, carrots, cream, cheese	Beef, cheese, veg, tomatoes, onion	
PM Snack	Pretzels and Fruit Water (sub. yogurt and fruit for	Cookies and Fruit Water	Banana Bread and Fruit Water	Veg and Hummus Water (Sub. Steamed veg for	Rice Pudding and fruit compote Water	

WEEK FIVE July 17-21 Aug. 21-25	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Corned Beef Hash Fruit/Milk	Cinnamon Buns Fruit/Milk	Vegetable Skillet Fruit/Milk	Blueberry Scones Fruit/Milk	Breakfast Wraps Fruit/Milk	
	Corned beef, potatoes, peppers,		Vegetables, eggs, cheese, potatoes		Turkey, eggs, cheese	
Infant Snack	Fruit and Arrowroot Cookies	Scrambled Eggs With fruit	Apple Cinnamon Oatmeal	Apple Sauce and crackers	Waffles with fruit	
Lunch Reg: Veg:	Chefs Choice (ex. Korean beef, bbq chicken, stir fry etc.) Chefs Choice Milk/ Fruit	Mac 'n' Cheese with Sausage and Peas Mac 'n' Cheese with Peas and Beans Garden Salad Milk/Fruit	Chicken and Rice Soup Bean and Rice Soup Cheese Bread Milk/Fruit	Vegan Chickpea Curry Vegan Chickpea Curry Milk/Fruit	Chicken Salad Veg and Dip Chickpea Salad Sandwich Milk/Fruit	
		Pasta, cheese sauce, peas, turkey, salad	Stock, beans, rice, carrots, celery, onion, veg	Chickpeas, coconut milk, tomatoes, onions, peas	Curry, Chicken, grapes, green onion, celery, mayo, croissant	
PM Snack	Garlic Cheese Biscuits Water	Yogurt and Fruit Water	Turkey Spinach Wraps w/ fruit Water	Cheese Toast and Veg Water	Summer Snack (ex. Frozen yogurt tubes, watermelon etc.) Water	