

SNACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	Apple sauce with cinnamon pita chips	Granola bar with orange slices	Hot oatmeal with blueberries	Hard boiled eggs with pita chips	Mini bear paws with fresh fruit
PM	Cheese & crackers with cucumber slices	Vanilla yoghurt with trail mix	Popcorn with fresh fruit	Muffin of the day & fresh fruit	Quaker rice chips with vegetable sticks

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2020			2 Bowtie pasta salad with roast chicken & vegetables	3 Turkey Sausage, pita, hummus & vegetable sticks	4 Homemade chicken fingers with roasted potatoes & buttered broccoli
	7 Italian meatballs, buttered noodles & mixed vegetables	8 Roasted chicken legs, roasted potatoes & green peas	9 Vegetarian quesadilla, organic white beans, rice & corn	10 Roast chicken with Caesar salad & cucumber slices	11 Cheeseburger with macaroni salad and veggies & dip
	14 Honey glazed chicken, chow mein noodles & vegetables	15 Grilled cheese sandwich and fresh veggies & dip	16 Meatballs and gravy, creamy mash potatoes and corn	17 Chicken sliders with alphabet pasta salad & apple slices	18 Pancake day with turkey sausages & fresh fruit salad
	21 Cheese tortellini with steamed broccoli & carrots	22 Teriyaki Chicken Meatballs with rice & green beans	23 Cucumber & cream cheese bagel, apple slices & celery	24 Panko crusted haddock, rice pilaf & steamed vegetables	25 Pizza day! Homemade pizza, fresh vegetables & dip