



SNACK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM

Hot oatmeal with raspberries

Yoghurt parfait with granola

Cereal bar with fresh fruit

Applesauce with a granola bar

Boiled eggs with pita chips

PM

Cheese and crackers

Veggies and dip

Muffin with fresh fruit

Pretzels and veggie sticks

Popcorn and veggies

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese tortellini with marinara sauce

Roasted Halal chicken drumsticks with buttered potatoes and buttered beans

Cinnamon raisin bagel with cream cheese and cucumber slices

Fish cakes with mashed potatoes and buttered green beans

Halal cheeseburger with potato salad and carrot sticks

Macaroni and cheese with steamed broccoli

Halal sweet and sour chicken balls with chow meine noodles and mixed vegetables

Egg and cheese breakfast sandwich with homefries

Grilled cheese sandwich with tomato soup

Halal chicken burger with potato salad and cucumber slices

Beef tortellini with mixed vegetable tomato sauce

Italian Halal meatball with buttered noodles and green beans

Wow butter and jam sandwich with veggie sticks

Cheddar quiche with potato salad and carrot sticks

Oatmeal pancakes with turkey sausage and fresh fruit

Pasta with tomato sauce

Ham and cheese sandwich with cucumber slices

Halal chicken drumsticks with rice pilaf and steamed broccoli

Fish burger with macaroni salad and veggie sticks

Veggie burger with potato salad and carrot sticks

SEPTEMBER 2024