



FRESH DAILY MEALS

Wholesome & Nutritious
Cooked On Site

Week 1	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Cinnamon Raisin Bagels with Cream Cheese	Pasta with Butternut Cheese Sauce	Falafel Bites	Banana Loaf	Pasta with Butternut Cheese Sauce
Tuesday	Yogurt Oats with Strawberry Preserve	Yorkshire Organic Chicken Mediterranean Style with Pasta Salad	Apple Pie Cups	Cream Cheese & Crackers	Mediterranean Meatless Strips with Pasta Salad
Wednesday	Vegetable Pancakes	Curried Lentil & Vegetable Soup	Orzo Salad	Fresh Pears	Curried Lentil & Vegetable Soup
Thursday	Scrambled Eggs with Whole Wheat Toast	Teriyaki Salmon with Brown Rice	Curried Paneer & Cucumbers	Fresh Orange Segments	Teriyaki Tofu Bites with Brown Rice
Friday	Wow Butter & Strawberry Preserve Sandwich	Beretta Beef Baked Pasta Al Forno	Cucumber Sticks & Carrots	Seasonal Fresh Cut Fruits	Meatless Veggie Ground Baked Pasta Al Forno

Alternative options for allergies & specific dietary restrictions are available



*Effective November 25th, 2024



FRESH DAILY MEALS

Wholesome & Nutritious
Cooked On Site

Week 2	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Turkey & Cheese Melt	High Liner Fish Sticks with Chickpea Pilaf	Oatmeal Apple Loaf	Fresh Orange Segments	Tofu Bites with Chickpea Pilaf
Tuesday	Feta & Egg Muffins	Cream of Broccoli Soup with Garlic Bread	Rice Pudding	Melon Wedges	Cream of Broccoli Soup with Garlic Bread
Wednesday	Scrambled Eggs With Whole Wheat Toast	Pasta Bolognese	Sliced Banana Squashed Banana	Cucumber Sticks & Baby Carrots	Meatless Veggie Ground Pasta Bolognese
Thursday	Cinnamon French Toast	Cheddar & Potato Perogies with Broccoli Salad	Fresh Pears	Avocado Dip & Crackers	Potato Croquette
Friday	Whole Grain Cereal with Organic Milk	Chef's Special	English Muffins with Strawberry Preserve	Raspberry Loaf	Chef's Special

Alternative options for allergies & specific dietary restrictions are available



*Effective November 25th, 2024



FRESH DAILY MEALS

Wholesome & Nutritious
Cooked On Site

Week 3	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Cinnamon Raisin Bagels with Cream Cheese	Spinach Pesto Pasta	Cucumber Sticks & Baby Carrots	Banana Loaf	Spinach Pesto Pasta
Tuesday	Pancakes wih Maple Syrup	Yorkshire Organic Chicken Meatball Teriyaki Style on Brown Rice	Sliced Apples with Wow Butter	Sliced Banana Squashed Banana	Meatless Meatballs Teriyaki Style on Brown Rice
Wednesday	Hard Boiled Eggs with Crackers	Spiced Butternut Squash & Apple Soup with Crackers	Falafel Bites	Fresh Orange Segments	Spiced Butternut Squash & Apple Soup with Crackers
Thursday	Yogurt with Oats & Strawberry Preserve	Lemon & Herb Salmon with Coconut Rice	Orzo Salad	Curried Paneer & Cucumber	Lemon & Herb Tofu with Coconut Rice
Friday	Whole Grain Cereal with Organic Milk	Vegetarian Bean Chili	English Muffin Margherita	Apple Slices	Vegetarian Bean Chili

Alternative options for allergies & specific dietary restrictions are available





FRESH DAILY MEALS

Wholesome & Nutritious
Cooked On Site

Week 4	Breakfast	Lunch	Snack 1	Snack 2	Vegetarian Lunch
Monday	Cinnamon Raisin Bagels with Cream Cheese	Beretta Ground Beef in Deconstructed Stuffed Peppers with Cauliflower Rice	Wow Butter Rollups with Banana Slices	Melon Wedges	Meatless Veggie in Deconstructed Stuffed Peppers with Cauliflower Rice
Tuesday	Oatmeal with Strawberry Preserve	Zucchini Pilaf with Paneer Sticks	Fresh Pears	Apple Pie Cups	Zucchini Pilaf with Paneer Sticks
Wednesday	Mini Spinach Frittatas with Whole Wheat Toast	High Liner Fish Sticks Tacos	Cream Cheese & Crackers	Raspberry Loaf	Falafel Tacos
Thursday	Pumpkin Spiced Pancakes with Maple Syrup	Vegetarian Shepherd's Pie	Fresh Orange Segments	Cucumber, Tomato Salad with Feta	Vegetarian Shepherd's Pie
Friday	Scrambled Eggs With Whole Wheat Toast	Chef's Special	Rice Cakes & Avocado Chunks	Seasonal Fresh Cut Fruits	Chef's Special

Alternative options for allergies & specific dietary restrictions are available



*Effective November 25th, 2024