

# Spring/Summer 2024 Vegetarian Menu

**WEEK 1**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multigrain Cheerios, Milk	Whole Wheat Pancake, Apple Butter	Banana Oatmeal Bar	Whole Wheat Cocoa Zucchini Muffin	Rice Krispies, Milk
<b>HEALTHY CHOICES Entrée</b>	Vegetarian (Soy) Chicken Alfredo Pasta, Sunrise Vegetables (Green Beans, Carrots), Fresh Fruit	Vegetarian (Soy) Chicken Tenders, Brown Rice, Plum Sauce, Corn, Fresh Fruit	Cheddar Cheese Omelette, Whole Wheat Mini Bagel, Green Peas, Fresh Fruit	Creamy Bean Chili, Cornbread, Green Beans, Fresh Fruit	Fish Sticks, Brown Rice, Carrots & Turnips, Fresh Fruit
<b>PM Snack</b>	Spice Snaps, Fresh Fruit, Peach Yogurt	Whole Wheat Pita Pocket, Cheddar Cheese Slice, Fruity Applesauce	Whole Wheat Digestive Cookie, Fresh Fruit, Edamame	Whole Wheat Crackers, Cheese Cubes, Blanched Baby Carrots	Whole Wheat Maple Oat Loaf, Cucumber Slices, Hummus

\*All meals and snacks are 100% nut-free, shellfish-free and pork-free

**WEEK 2**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Shreddies with Milk	Whole Wheat Banana Oat Bite	Strawberry Yogurt, Whole Grain Granola	Whole Wheat Fruit and Fibre Muffin	Corn Flakes with Milk
<b>HEALTHY CHOICES Entrée</b>	Vegetarian (Soy) Meatballs in Gravy, Brown Rice, Diced Carrots, Fresh Fruit	Scrambled Eggs, Roasted Potatoes, Shredded Cheddar Cheese, Whole Wheat Bread, Fresh Fruit	Vegetarian (Soy) Burger, Hamburger Bun, Cheddar Cheese Slice, Corn, Fresh Fruit	Hidden Bean Lasagna, Carrots and Turnips, Fresh Fruit	Breaded Fish, Hamburger Bun, Peas and Corn, Fresh Fruit
<b>PM Snack</b>	Organic Gluten-Free Whole Grain Mixed Berry Ganola Minis, Fresh Fruit, Vanilla Yogurt	Whole Wheat Melba Toast, Cheese Curds, Baby Carrots	Mini Cocoa Snaps, Fruity Applesauce, Hardboiled Egg	Whole Wheat Breadsticks, Cheese Cubes, Guacamole	Whole Grain Oatmeal Cookie, Fresh Fruit, Edamame

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We have developed our healthiest most **WHOLESOME** menu yet!



**Our WHOLESOME Menu Includes:**



Simple, wholesome ingredients for growing bodies and minds.



Meals and snacks using municipal, provincial and national nutritional guidelines.



Food kids love to eat.

# Spring/Summer 2024 Vegetarian Menu

**WEEK 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Multi Grain Cheerios with Milk	Whole Grain Coconut Date Bites	Whole Wheat Mini Bagel, Cream Cheese	Rice Krispies with Milk	Whole Wheat Cocoa Zucchini Muffin
<b>HEALTHY CHOICES Entrée</b>	Lentil Sloppy Joe, Hamburger Bun, White Cheese Slice, Vegetable Medley (Green Beans, Peas, Carrots, Corn), Fresh Fruit	Breaded Fish Sticks, Whole Wheat Wrap, Broccoli, Fresh Fruit	Pea Crumble Bolognese Pasta, Leafy Greens, Balsamic Dressing, Fresh Fruit	Egg Patty, Whole Wheat English Muffin, Cheddar Cheese Slice, Corn, Fresh Fruit	Macaroni and Cheese, Black Bean & Corn Salad, Diced Carrots, Fresh Fruit
<b>PM Snack</b>	Organic Spelt Mini Ginger Snaps, Vanilla Yogurt, Fresh Fruit	Whole Wheat Crackers, Cheddar Cheese Slice, Baby Carrots	Whole Wheat Lemon Blueberry Loaf, Fresh Fruit, Hardboiled Egg	Banana Oatmeal Bar, Applesauce, Edamame	Spice Snaps, Cucumber Slices, Strawberry Yogurt

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**WEEK 4**




	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Shreddies with Milk	Whole Wheat Apple Cinnamon Bagel, Apple Butter	Peach Yogurt with Whole Grain Granola	Whole Wheat Fruit and Fibre Muffin	Corn Flakes with Milk
<b>HEALTHY CHOICES Entrée</b>	Beefstyle (Soy) Lasagna, Green Beans, Fresh Fruit	Egg Square, Whole Wheat Texas Toast, Cheddar Cheese Slice, Diced Carrots, Fresh Fruit	BBQ Chicken (Soy), Brown Rice, Peas and Corn, Fresh Fruit	Whitefish Bowtie Pasta in Rose Sauce, Carrots & Turnips, Fresh Fruit	Meatless (Pea Protein) Bolognese Whole Grain Pasta, Leafy Greens, Raspberry Dressing, Fresh Fruit
<b>PM Snack</b>	Whole Grain Raspberry Coconut Date Bites, Fresh Fruit, Vanilla Yogurt	Whole Wheat Round Crackers, Cheese Curds, Grape Tomatoes	Whole Wheat Maple Oat Loaf, Applesauce, Edamame	Whole Wheat Crackers, Cheddar Cheese Slice, Fresh Fruit	Whole Wheat Digestive Biscuits, Strawberry Yogurt, Fresh Fruit

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-  Food kids love to eat.