

# weekly menu

|           | Breakfast   | Lunch  | Snack  |
|-----------|---|--|--|
| Monday    | Toast with jam served with fresh fruit, milk & water.             | Sweet n Sour Tofu Chow Mein served with salad/steamed veggies and water. | Wow Butter Banana rolls served with fresh raw vegetables/fruit, milk and water |
| Tuesday   | Strawberry Pancakes served with fresh fruit, milk and water.      | Homemade Mac and Cheese served with salad/steamed veggies and water.     | Hummus and Pita bites with fresh raw vegetables/fruit, milk and water.         |
| Wednesday | Bagels with cream cheese, fresh fruit served with milk and water. | Fiesta Chicken and rice served with salad/steamed veggies and water.     | Yogurt served with fresh raw vegetables/fruit, milk and water.                 |
| Thursday  | Cereal served with fresh fruit, milk and water.                   | Bean Burger Sliders served with salad/steamed veggies and water.         | Carrot Loaf served with fresh raw vegetables/fruit, milk and water.            |
| Friday    | Scrambled eggs and turkey bacon served with milk and water.       | Beef Vegetable Stew served with salad/steamed veggies and water.         | Crackers with Cream Cheese served with fresh raw vegetables/fruit              |