

# weekly menu

	Breakfast	Lunch	Snack
Monday	English muffin with wow butter, fresh fruit served with milk and water.	Baked Chicken and rice served with salad/steamed veggies and water.	Yogurt and granola served with fresh raw vegetables/fruit, milk and water.
Tuesday	Cereal served with fresh fruit, milk and water.	Bean and Cheese Burrito served with salad/steamed veggies and water.	Pumpkin Loaf served with fresh raw vegetables/fruit, milk and water.
Wednesday	Scrambled eggs and toast served with milk and water.	Beef Spaghetti served with salad/steamed veggies and water.	Cheese and Crackers served with fresh raw vegetables/fruit, milk and water.
Thursday	Apple Cinnamon Oatmeal with fresh fruit, milk & water.	Tofu Chow Mein served with salad/steamed veggies and water.	Cucumber rolls served with fresh raw vegetables/fruit, milk and water.
Friday	Garden Hash browns served with fresh fruit, milk and water.	Veggie Chilli served with salad/steamed veggies and water.	Raisin Bran Loaf with fresh raw vegetables/fruit, milk and water.