

November 30- December 4

	Breakfast	Lunch	Snack
Monday	Cereal served with fresh fruit, milk and water.	CEFA Fun Day salad/steamed veggies and water.	Cheese Scones served with fresh raw vegetables/fruit, milk and water.
Tuesday	Breakfast Porridge served with fresh fruit, milk and water.	Tofu Chow Mein served with salad/steamed veggies and water.	Orange Loaf served with fresh raw vegetables/fruit, milk and water.
Wednesday	English Muffins w/jam served with milk and water.	Egg Fried Rice served with salad/steamed veggies and water.	Crackers with spinach Cream served with fresh raw vegetables/fruit, milk and water.
Thursday	Toast with Eggs served with fresh fruit, milk & water.	Beef Vegetable Soup served with salad/steamed veggies and water.	Christmas Cranberry served with fresh raw vegetables/fruit, milk and water.
Friday	Strawberry Pancakes served with fresh fruit, milk and water.	Tuna Sandwiches served with salad/steamed veggies and water.	Mixed Berry Parfait with fresh raw vegetables/fruit, milk and water.