

December 14-18

	Breakfast	Lunch	Snack
Monday	Cereal 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.
Tuesday	Breakfast Porridge served with fresh fruit, milk and water.	Veggie Pasta Casserole served with salad/steamed veggies and water.	Arrowroot with Cream Cheese served with fresh raw vegetables/fruit, milk and water.
Wednesday	English Muffins w/jam served with milk and water.	Turkey Cabbage Roll Soup salad/steamed veggies and water.	Raisin Bran Muffins served with fresh raw vegetables/fruit, milk and water.
Thursday	Toast with Eggs served with fresh fruit, milk & water.	Egg Fried Rice served with salad/steamed veggies and water.	Orange Loaf served with fresh raw vegetables/fruit, milk and water.
Friday	Strawberry Pancakes served with fresh fruit, milk and water.	CEFA Fun Day served with salad/steamed veggies and water.	Christmas Cranberry served with fresh raw vegetables/fruit, milk and water.