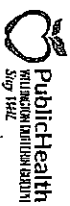


Week 2

Winter 2020/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Whole Grain Cereal Mix *Seasonal Fruit *Water	*Whole Grain Crackers *Seasonal Fruit *Water	*Applesauce *Bran Buds *Water	*Yogurt cones *Seasonal fruit *Water	*WW Blueberry Muffins *Seasonal Fruit *Water
LUNCH	*Macaroni and Cheese with Peas *Bean Salad (with spinach, carrots and bell peppers) *Milk *Seasonal Fruit	*Chicken Souvlaki *WW Pita *Homemade Tzatziki Sauce *Greek Salad *Milk *Seasonal Fruit	*Whole wheat English Muffin Pizzas with Chicken *Assorted Bell Peppers and Cucumbers *Milk	*Coconut Chicken Curry *Brown Rice *Cooked peas and carrots *Milk *Seasonal Fruit	*Salmon Casserole (with Arugula, Spinach and Carrots) *Garden Salad *Milk *Seasonal fruit
PM SNACK	*Boiled eggs with toasted WW pita edges *Seasonal Fruit *Milk	*WW Blueberry Biscuits *Seasonal fruit *Milk	*Rice Cakes with No Nut Butter *Seasonal Fruit *Milk	*WW Zucchini Bread *Seasonal Fruit *Milk	*Rice Crackers *Seasonal Fruit *Milk
Condiments Max 1 tbsp per child	AM - Lunch- PM-	AM - Lunch- PM -	AM - Lunch - veg dip PM	AM - Lunch- PM -	AM - Lunch- PM -



Date: Sept 17/20
 Reviewed By: [Signature] RD