

MENU Week 4

Winter 2020/21

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Whole Wheat Bagel with cream cheese * Seasonal Fruit *Water	*Whole Grain Cereal Mix *Seasonal Fruit *Water	*Toasted English Muffins with cinnamon butter *Seasonal Fruit *Water	*Applesauce *Brand Buds *Water	*Homemade Granola Bars *Seasonal Fruit *Water
LUNCH	* Baked Spaghetti (with beef and lentil sauce) * Caesar salad * Milk * Seasonal Fruit	* Chicken Chilli (with sweet potato, green beans and black beans) *Brown Rice * Milk * Seasonal Fruit	* Chicken and Squash Soup * Whole grain soup crackers * Assorted bell peppers * Milk * Seasonal Fruit	*Baked Sole fillets (unbreaded) *Quinoa with Peas and Carrots *Milk *Seasonal Fruit	*Egg Salad Sandwiches *Assorted Bell Peppers and Cucumbers * Milk * Seasonal Fruit
PM SNACK	*Whole Grain Crackers *Seasonal Fruit *Milk	*WW Cheddar Biscuits *Seasonal Fruit *Milk	*Hummus *WW Pita *Seasonal Fruit *Milk	*Brown rice cakes with cream cheese *Seasonal Fruit *Milk	*Yogurt Cones *Seasonal fruit *Water
Condiments Max 1 tbsp per child	AM – Lunch- PM-	AM – Lunch- PM –	AM – Lunch- PM-	AM – Lunch- PM	AM – Lunch- PM