

Date:	AM Snack	Lunch	PM Snack
Week 1	2019 May		
29-Apr	Peach applesauce, graham cracker	Chicken Noodle Soup. Assorted dinner rolls DF	Rice cakes, fresh fruit
30-Apr	Cereal and milk, mixed dried fruits	Rotini with Bolognese sauce DF	Sliced pears and Havarti cheese
01-May	Peach yogurt, house-made granola	Sweet red Thai coconut chicken, vegetables, Jasmin rice. DF	Muffin and fruit
02-May	Belgian Waffles, Fresh fruit	Ham sandwich on focaccia. Artisan green salad DF	Naan bread, tzatziki dip
03-May	Breakfast egg patties with ham and cheddar	Burrito Casserole DF	Trail Mix, fresh fruit
Week 2			
06-May	Toast and Jam. Cottage cheese	Maple roasted carrot soup, pretzel buns DF	Vegetable crudité with Hummus
07-May	Strawberry yogurt, house-made granola	Mac and Cheese (creamy carrot cheddar sauce)	Muffin and fruit
08-May	Fruit salad. Raisin bread	Chicken Teriyaki, vegetable stir fry. Jasmin rice DF	Mango smoothie, graham crackers
09-May	Buttermilk Pancakes. Banana	Brunch Day: Sausages, scrambled eggs and roasted potatoes DF	Ham and cheddar cubes. Wheat crackers
10-May	Ham and cheese rolled omelette. Fresh fruit	Smoked turkey Sandwiches, Caesar salad DF	Banana bread, fresh fruit
Week 3			
13-May	Peach applesauce, graham cracker	Roasted vegetables and tomato bisque. Pita bread DF	Rice cakes, fresh fruit
14-May	Belgian Waffles, Fresh fruit	Sloppy Joes. Artisan green salad DF	Sliced pears and Havarti cheese
15-May	Blackberry yogurt, House-made granola	Creamy, lemon chicken pasta with spring vegetables.	Muffin and fruit
16-May	Cereal and milk, mixed dried fruits	Crispy Cod Bites, apple raisin coleslaw. Jasmin rice DF	Naan bread, tzatziki dip
17-May	Breakfast egg patties with ham and cheddar	Beef cottage pie: mashed potatoes, peas and corn	Trail Mix, fresh fruit
Week 4			
20-May	VICTORIA DAY		
21-May	Toast and Jam. Cottage cheese	Butternut squash soup. Cheesy bread DF	Vegetable crudité with Goldfish crackers
22-May	Peach yogurt, House-made granola	Deconstructed chicken pot pie	Muffin and fruit
23-May	Buttermilk Pancakes. Banana	Macaroni with sausage and roasted peppers. DF	Ham and cheddar cubes. Wheat crackers
24-May	Ham and cheese rolled omelette.	Pulled chicken and black bean quesadilla, artisan green salad.	Oatmeal raisin cookie bars, banana
Week 5			
27-May	Peach applesauce, graham cracker	Potato leek soup, pretzel buns	Rice cakes, fresh fruit
28-May	Toast and Jam. Cottage cheese	White bean and chicken stew (cassoulet) DF	Vegetable crudité with Goldfish crackers
29-May	Blueberry yogurt, House-made granola	Meatloaf, peas and carrots, nugget potatoes	Muffin and fruit
30-May	Buttermilk Pancakes. Banana	Hamburger macaroni DF	Ham and cheddar cubes. Wheat crackers
31-May	Breakfast egg patties with ham and cheddar	Crispy chicken fried rice DF	Cinnamon Bread pudding, fresh fruit