

<b>Date:</b>	<b>AM Snack</b>	<b>Lunch</b>	<b>PM Snack</b>
<b>Week 1</b>	<b>2023 February</b>		
<b>30-Jan</b>	Belgian Waffles, Fresh fruit	Penne with roasted red pepper sauce & Italian sausage	Applesauce, fruit & Graham cracker
<b>31-Jan</b>	Breakfast egg patties with ham and cheese	Chicken Caesar salad lunch Garlic bread	Dino chicken nuggets, carrot & cucumber
<b>01-Feb</b>	Cereal and milk Dried fruits	Pulled pork BBQ buns Coleslaw	Banana bread Fresh fruit
<b>02-Feb</b>	Toast and jam Cottage cheese	Butter chicken, naan bread & Basmati rice	Cheddar, ham, pickles & wheat crackers
<b>03-Feb</b>	Muffins & Fresh fruit	Meatloaf, artisan greens & kale salad	Cheesy bread Fresh pineapple
<b>Week 2</b>			
<b>06-Feb</b>	French Toast Banana	Beef cottage pie	Havarti & crackers Sliced apples
<b>07-Feb</b>	Breakfast egg patties with ham and cheese	Sweet & sour crispy pork Jasmine rice	Broccoli & house made Ranch, focaccia sticks
<b>08-Feb</b>	Strawberry yogurt House made granola	Tomato bisque, turkey melts	Pigs in a blanket Fresh fruit
<b>09-Feb</b>	Hashbrowns Fresh orange slices	Bowtie pasta with meatballs & marinara sauce	Blueberry loaf Fresh fruit
<b>10-Feb</b>	Muffins & Fresh fruit	Chicken Teriyaki White rice	Trail Mix Fresh fruit
<b>Week 3</b>			
<b>13-Feb</b>	Belgian Waffles Fresh fruit	Macaroni & Cheese	Applesauce, fruit & Graham cracker
<b>14-Feb</b>	Breakfast egg patties with ham and cheese	Red Thai coconut chicken curry Jasmine rice	Dino chicken nuggets carrot & cucumber
<b>15-Feb</b>	Cereal and milk Dried fruits	Deconstructed chicken pot pie	Raspberry loaf Fresh fruit
<b>16-Feb</b>	Toast and jam, Cottage cheese	Beef Stroganoff	Cheddar, ham, pickles & wheat crackers
<b>17-Feb</b>	Muffins & Fresh fruit	Crispy chicken fried rice	Cheesy bread Fresh pineapple
<b>Week 4</b>			
<b>20-Feb</b>	<b>Family Day</b>		
<b>21-Feb</b>	Apple Cinnamon Oatmeal	Beef Tacos, with all the fixings	Havarti & crackers Sliced apples
<b>22-Feb</b>	Breakfast egg patties with ham and cheese	Shell pasta with chicken breast and Rosé sauce	Veggies & Hummus Naan Bread
<b>23-Feb</b>	Hashbrowns Fresh orange slices	Chicken chow Mein	Pigs in a blanket Fresh fruit
<b>24-Feb</b>	Muffins & Fresh fruit	Beef Teriyaki Jasmine Rice	Trail Mix Fresh fruit

