

Meal		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Morning Snack</b>		Cereal and Milk	Home Baked Muffins	Yoghurt + Berries	Pancakes	Raisin Bread Toast + Butter/Cream Cheese	
<b>Lunch</b>		Celery Sticks with dip Surprise Pasta Bread Sticks Fresh Fruit Milk	Red Pepper Sticks 'Chkn' Shawarma Roasted Potatoes Fresh Fruit Milk	Corn Veggie Lo Mein (tempeh) Noodles Fresh Fruit Milk	Cauliflower Soup of the Day Baguette + Cream Cheese Fresh Fruit Milk	Cherry Tomatoes Mac + Cheese Peas Fresh Fruit Milk	
<b>Afternoon Snack</b>		Apples + Cheese Cubes + Pretzels	Ice Cream Sandwiches + Grapes	Cucumber + Tzatziki + Pita	Popcorn + Oranges	Greek Yoghurt + Berries + Crumbs	

Meal		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Morning Snack</b>		Cereal + Milk	Muffins	Waffles + Berries	Bagels + Cream Cheese	Berries + Cream Graham Cracker Crumbs	
<b>Lunch</b>		Peppers Sticks  Jamaican Red Beans and Rice  Fresh Fruit Milk	Broccoli  'Ham' + Cheese Wraps Green Beans  Fresh Fruit Milk	Sugar Snap Peas  Neat Balls Mashed Potatoes Corn  Fresh Fruit Milk	Carrots  Spaghetti + 'Meat Sauce' Baguette  Fresh Fruit Milk	Celery Sticks  Caesar Salad Veg Pizza  Fresh Fruit Milk	
<b>Afternoon Snack</b>		MYO Pizza Crackers	Frozen Yoghurt + Graham Crackers	Home Baked Cookies + Milk	Fruit Salad + Whipped Cream	Cherry Tomatoes + Hummus + Pita	