



Week 3

autumn - winter 2015

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Granola Yogurt Bananas Milk	Oatmeal Berries Milk	Hardboiled Egg Toast Orange Milk	Cereal Cantaloupe Milk	Bagels Cream Cheese Grapes Milk
Snack	Apples Peanut Butter OR Cream Cheese Dip Water	Rice Pudding Banana Almonds for ages 2 + Water	Fruit Smoothie Puffed rice crackers Water	Trail Mix Cookies Grapes Water	Apple-coconut Muffins Orange Water
Lunch	Thai Vegetarian Stirfry Rice Noodles Milk	Spaghetti with Bolognese Sauce Green Salad Milk	Parmesan Chicken Spanish Rice Peas Milk	Pulled Pork Baked Potatoes Broccoli Salad Milk	Salmon – Quinoa Cakes Steamed Carrots Milk
Snack	Cornmeal Bread Bell Peppers Water	Crackers Cheese Broccoli Water	Granola Bar Carrots Water	Carrot-Banana Bread Cauliflower Water	Quinoa Chips Hummus Cucumber Water