

Menu 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Oatmeal Fresh Fruit and Almond Milk	Whole Wheat Soft Apple Breakfast Cookies Fresh Fruit and Almond Milk	Savoury Whole Wheat Biscuits Fresh Fruit and Almond Milk	Chia Seed and Coconut Milk Pudding Whole Wheat Toast, Fresh Fruit and Almond Milk	Fruit and Coconut Yogurt Smoothie Whole Wheat Toast
LUNCH	Crispy Tofu <i>with sweet potato tomato sauce</i> Brown Rice, Seasonal Vegetables, Fresh Fruit and Almond Milk	Southwest Black Bean Wraps <i>with whole wheat tortilla, shredded carrots, cucumbers</i> Vegetable Soup, Fresh Fruit and Almond Milk	Red Lentil Dal <i>with fire-roasted tomatoes and potatoes</i> Seasonal Vegetables, Brown Rice, Fresh Fruit and Almond Milk	Rainbow Quinoa Bowl <i>with roasted carrots, shredded purple cabbage, turmeric spiced chickpeas, pickled red onions and green dressing</i> Fresh Fruit and Almond Milk	Rotini Pasta Bake <i>with whole wheat rotini, lentils, spinach and roasted vegetable tomato sauce</i> Peas, Fresh Fruit and Almond Milk
PM SNACK	Whole Wheat Zucchini Bread Fresh Fruit	Fresh Fruit and Cocoa Avocado Dip Whole Wheat Bagel Crisps	Whole Wheat Sweet Potato Muffins Fresh Fruit	Hummus and Vegetable Platter Whole Wheat Pita	Pumpkin Seed Granola Bars Fresh Fruit

Menu 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Cheerios Fresh Fruit and Almond Milk	Whole Wheat Bagels <i>with sunflower seed butter and chia jam</i> Fresh Fruit and Almond Milk	Whole Wheat Muffins Fresh Fruit and Almond Milk	Coconut Yogurt and Hemp Heart Granola Fresh Fruit and Almond Milk	Whole Wheat Wow Butter and Chia Jam Sandwiches Fresh Fruit and Almond Milk
LUNCH	Garlic Ginger Fried Rice <i>with tofu, broccoli, carrots and peppers</i> Fresh Fruit and Almond Milk	Navy Bean Pizza <i>with smooth navy bean sauce, plant-based cheese and whole wheat pizza crust</i> Hummus, Vegetables, Fresh Fruit and Almond Milk	Tempeh and Black Bean Burgers <i>with whole wheat buns, spinach and avocado spread</i> Sweet Potato Wedges, Fresh Fruit and Almond Milk	Persian Herb Stew <i>with kidney beans, mushrooms and spinach</i> Sesame Flat Bread, Coconut Yogurt Dip, Fresh Fruit and Almond Milk	Baked Falafel <i>with whole wheat pita and garlic coconut yogurt dip</i> Tahini Cucumber Kale Salad, Fresh Fruit and Almond Milk
PM SNACK	Whole Wheat Tortilla Chips Avocado Hummus and Fresh Fruit	Toasted Coconut and Strawberry Granola Bars Fresh Fruit	Tropical Smoothie Toasted Edamame	Whole Wheat Tea Biscuits Chia Jam and Fresh Fruit	Cocoa Banana Oat Power Balls Fresh Fruit

Menu 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Chia Seed and Coconut Milk Pudding</p> <p>Whole Wheat Toast, Fresh Fruit and Almond Milk</p>	<p>Savoury Whole Wheat Biscuits</p> <p>Fresh Fruit and Almond Milk</p>	<p>Whole Wheat Soft Apple Breakfast Cookies</p> <p>Fresh Fruit and Almond Milk</p>	<p>Fruit and Coconut Yogurt Smoothie</p> <p>Whole Wheat Toast</p>	<p>Whole Wheat Banana Muffins</p> <p>Fresh Fruit and Almond Milk</p>
LUNCH	<p>Chickpea Stew <i>with sweet potato, carrots and cauliflower</i></p> <p>Brown Rice, Fresh Fruit and Almond Milk</p>	<p>Lentil Shepherd's Pie <i>with mashed potatoes</i></p> <p>Whole Wheat Rolls, Seasonal Vegetables, Fresh Fruit and Almond Milk</p>	<p>Quinoa Salad <i>with marinated tofu, shredded carrots, cucumbers and peppers</i></p> <p>Fresh Fruit and Almond Milk</p>	<p>Black Bean Chili</p> <p>Seasonal Vegetables, Whole Wheat Corn Bread, Fresh Fruit and Almond Milk</p>	<p>Chickpea Salad Wraps <i>with whole wheat tortilla, shredded carrots and cucumbers</i></p> <p>Vegetable Soup, Fresh Fruit and Almond Milk</p>
PM SNACK	<p>Pumpkin Seed Granola Bars</p> <p>Fresh Fruit</p>	<p>Whole Wheat Black Bean Brownies</p> <p>Fresh Fruit</p>	<p>Whole Wheat Baked Tortilla Chips and Salsa</p> <p>Fresh Fruit</p>	<p>Hummus and Vegetable Platter</p> <p>Whole Wheat Pita</p>	<p>Toasted Coconut, Date and Oat Power Balls</p> <p>Fresh Fruit</p>

Menu 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Whole Wheat Bagels <i>with sunflower seed butter and chia jam</i></p> <p>Fresh Fruit and Almond Milk</p>	<p>Oatmeal</p> <p>Fresh Fruit and Almond Milk</p>	<p>Coconut Yogurt and Hemp Heart Granola</p> <p>Fresh Fruit</p>	<p>Cheerios</p> <p>Fresh fruit and Almond Milk</p>	<p>Whole Wheat Wow Butter and Jam Sandwiches</p> <p>Fresh fruit and Almond Milk</p>
LUNCH	<p>Three Sisters Stew <i>with pinto beans, corn and butternut squash</i></p> <p>Baked Whole Wheat Bannock, Fresh Fruit and Almond Milk</p>	<p>White Bean Macaroni and Cheese <i>with whole wheat macaroni and blended white bean sauce</i></p> <p>Peas, Spinach, Fresh Fruit and Almond Milk</p>	<p>Creamy Tomato Coconut Milk Curry <i>with tofu</i></p> <p>Brown Rice, Seasonal Vegetables, Fresh Fruit and Almond Milk</p>	<p>Red Lentil Pizza <i>with whole wheat pizza crust and plant-based mozzarella cheese</i></p> <p>Hummus, Vegetables, Fresh Fruit and Almond Milk</p>	<p>Black Bean Burrito Bake <i>with brown rice, corn and peppers</i></p> <p>Seasonal Vegetables, Fresh Fruit and Almond Milk</p>
PM SNACK	<p>Blueberry Kale Smoothie</p> <p>Toasted Edamame</p>	<p>Hummus and Vegetable Platter</p> <p>Whole Wheat Pita</p>	<p>Fresh Fruit and Cocoa Avocado Dip</p> <p>Whole Wheat Bagel Crisps</p>	<p>Apricot, Oat and Toasted Coconut Granola Bars</p> <p>Fresh Fruit</p>	<p>Cinnamon Whole Wheat Baked Tortilla Chips</p> <p>Chocolate Hummus and</p>