

Menu 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	Kamut Porridge Fresh Fruit and Oat Milk	Whole Wheat Soft Apple Breakfast Cookies Fresh Fruit and Oat Milk	Savory Whole Wheat Biscuits Fresh Fruit and Oat Milk	Chia Seed Coconut Milk Pudding Whole Wheat Toast Fresh Fruit and Oat Milk	Fruit and Coconut Yogurt Smoothie Whole Wheat Toast
LUNCH	Rice Jollof <i>with Nigerian-inspired marinated tofu</i> Baked Plantains Shredded Cabbage Salad Fresh Fruit and Oat Milk	Southwest Black Bean Wraps <i>with whole wheat tortilla, shredded carrots, cucumber</i> Vegetable Soup Fresh Fruit and Oat Milk	Red Lentil Dal <i>with fire-roasted tomatoes and potatoes</i> Seasonal Vegetables Brown Rice Fresh Fruit and Oat Milk	Rainbow Quinoa Bowl <i>with roasted carrots, shredded purple cabbage, turmeric spiced chickpeas, pickled red onions and green dressing</i> Fresh Fruit and Oat Milk	Rotini Pasta Bake <i>with whole wheat rotini, lentils and roasted vegetable tomato sauce</i> Peas Fresh Fruit and Oat 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	Date and Toasted Coconut Power Balls Fresh Fruit	Hummus and Raw Vegetables Whole Wheat Pita

Menu 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Cheerios Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Bagels <i>with sunflower seed butter and chia jam</i> Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Muffins Fresh Fruit and Oat Milk</p>	<p>Coconut Yogurt and Hemp Heart Granola Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Chia Seed Waffles <i>with stewed maple apples</i> Fresh Fruit and Oat Milk</p>
LUNCH	<p>Garlic Ginger Fried Rice <i>with tofu, peas, carrots, and peppers</i> Steamed Broccoli Fresh Fruit and Oat Milk</p>	<p>Jackfruit Pizza <i>with BBQ shredded jack- fruit, plant-based cheese and whole wheat pizza crust</i> Hummus and Vegetables Fresh Fruit and Oat Milk</p>	<p>Moroccan Spiced Lentil Burgers <i>with whole wheat buns and avocado spread</i> Sweet Potato Wedges Fresh Fruit and Oat Milk</p>	<p>Ghormeh Sabzi <i>Herb stew with kidney beans, mushrooms and spinach</i> Sesame Flat Bread and Coconut Yogurt Dip Fresh Fruit and Oat Milk</p>	<p>Baked Falafel <i>with whole wheat pita, garlic coconut yogurt dip</i> Tahini Cucumber Kale Salad Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Whole Wheat Tortilla Chips <i>with avocado hummus</i> Raw Vegetables</p>	<p>Toasted coconut and Strawberry Granola Bars Fresh Fruit</p>	<p>Tropical Green Smoothie Toasted Edamame</p>	<p>Whole Wheat Tea Biscuits Chia Jam and Fresh Fruit</p>	<p>Cocoa Banana Oat Power Balls Fresh Fruit</p>

Menu 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Chia Seed Coconut Milk Pudding</p> <p>Whole Wheat Toast Fresh Fruit and Oat Milk</p>	<p>Savory Whole Wheat Biscuits</p> <p>Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Soft Apple Breakfast Cookies</p> <p>Fresh Fruit and Oat Milk</p>	<p>Fruit and Coconut Yogurt Smoothie</p> <p>Whole Wheat Toast</p>	<p>Whole Wheat Muffins</p> <p>Fresh Fruit and Oat Milk</p>
LUNCH	<p>Chickpea Stew <i>with sweet potato, carrots, cauliflower</i></p> <p>Brown Rice Fresh Fruit and Oat Milk</p>	<p>Lentil Shepherd's Pie <i>with mashed potatoes</i></p> <p>Whole Wheat Rolls Seasonal Vegetables Fresh Fruit and Oat Milk</p>	<p>Quinoa Salad <i>with seasonal roasted vegetables</i></p> <p>Marinated Tofu and Apple Sauce Fresh Fruit and Oat Milk</p>	<p>Black Bean Chili</p> <p>Seasonal Vegetables Whole Wheat Corn Bread Fresh Fruit and Oat Milk</p>	<p>Chickpea Salad Wraps <i>with whole wheat tortilla, shredded carrots, cucumber</i></p> <p>Vegetable Soup Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Apricot, Oat and Toasted Coconut Granola Bars</p> <p>Fresh Fruit</p>	<p>Baked Pakoras <i>with mango chutney</i></p> <p>Fresh Fruit</p>	<p>Whole Wheat Baked Tortilla Chips <i>with salsa</i></p> <p>Raw Vegetables</p>	<p>Hummus and Raw Vegetable</p> <p>Whole Wheat Pita</p>	<p>Pumpkin Seed Granola Bars</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> Fresh Fruit and Oat Milk</p>	<p>Oatmeal Fresh Fruit and Oat Milk</p>	<p>Coconut Yogurt and Hemp Heart Granola Fresh Fruit and Oat Milk</p>	<p>Cheerios Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Chia Seed Pancakes <i>with maple berry compote</i> Fresh Fruit and Oat Milk</p>
LUNCH	<p>Three Sisters Stew <i>with pinto beans, corn and butternut squash</i> Baked Whole Wheat Bannock Fresh Fruit and Oat Milk</p>	<p>White Bean Mac and Cheese <i>with whole wheat macaroni and blended white beans sauce</i> Steamed Peas Fresh Fruit and Oat Milk</p>	<p>Creamy Tomato Coconut milk Curry <i>with tofu</i> Brown Rice Seasonal Vegetables Fresh Fruit and Oat Milk</p>	<p>Red Lentil Pizza <i>with whole wheat pizza crust and plant-based mozzarella cheese</i> Hummus and Vegetables Fresh Fruit and Oat Milk</p>	<p>Black Bean Burrito Bake <i>with quinoa, corn, peppers and fire-roasted tomatoes</i> Seasonal Vegetables and Fresh Limes Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Blueberry Kale Smoothie Toasted Edamame</p>	<p>Hummus and Raw Vegetables Whole Wheat Pita</p>	<p>Whole Wheat Muffins Fresh Fruit</p>	<p>Whole Wheat Rhubarb Crumble Bars Fresh Fruit</p>	<p>Whole Wheat Baked Tortilla Chips <i>with guacamole</i> Raw Vegetables</p>