

Menu 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Maple Oat Bars Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Soft Apple Breakfast Cookies Fresh Fruit and Oat Milk</p>	<p>Savory Whole Wheat Biscuits Fresh Fruit and Oat Milk</p>	<p>Pumpkin Seed Granola Bars Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Zucchini Muffins Fresh Fruit and Oat Milk</p>
LUNCH	<p>Rice Jollof <i>with Nigerian-inspired marinated tofu</i> Baked Plantains Shredded Cabbage Salad Fresh Fruit and Oat Milk</p>	<p>Quinoa Ranch Bowl <i>with homemade ranch dressing</i> Garlic Chickpeas, Shredded Carrots, Roasted Broccoli, Red Peppers Fresh Fruit and Oat Milk</p>	<p>Red Lentil Dal <i>with fire-roasted tomatoes and potatoes</i> Seasonal Vegetables Brown Rice Fresh Fruit and Oat Milk</p>	<p>BBQ Black Bean Burgers <i>with sweet potato and carrots</i> Whole Wheat Buns Baked French Fries and Roasted Beet Ketchup Fresh Fruit and Oat Milk</p>	<p>Rotini Bolognese <i>with whole wheat rotini, soy crumbles, onion, celery, carrot and tomatoes</i> Peas Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Whole Wheat Avocado Toast with Crispy Chickpeas Raw Vegetables</p>	<p>Fresh Fruit and Cocoa Avocado Dip Whole Wheat Bagel Crisps</p>	<p>Fruit and Coconut Yogurt Smoothie Whole Wheat Toast</p>	<p>Chia Seed and Coconut Milk Pudding Whole Wheat Toast Fresh Fruit</p>	<p>Whole Wheat Navy Bean and Spinach Quesadilla Raw Vegetables</p>

Menu 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Whole Wheat French Toast <i>with stewed peaches</i> Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Bagels <i>with sunflower seed butter & chia jam</i> Fresh Fruit and Oat</p>	<p>Toasted Coconut and Strawberry Granola Bars Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Muffins Fresh Fruit and Oat Milk</p>	<p>Cocoa Banana Powerballs 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>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>Three Sisters Stew <i>with pinto beans, corn and butternut squash</i> Baked Whole Wheat Bannock and Wild Rice Blend Fresh Fruit and Oat Milk</p>	<p>Lime Salsa Tacos <i>soy crumbles in lime salsa with whole wheat tortilla, diced tomato, shredded iceberg and plant-based cheese</i> Vegetable Soup Fresh Fruit and Oat Milk</p>	<p>Baked Falafel <i>with garlic tahini sauce</i> Fattoush Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Whole Wheat Tortilla Chips Avocado Hummus Raw Vegetables</p>	<p>Coconut Yogurt and Hemp Heart Granola Fresh Fruit</p>	<p>Tropical Green Smoothie Whole Wheat Wow Butter Sandwich</p>	<p>Hummus and Raw Vegetables Whole Wheat Pita</p>	<p>Whole Wheat Chia Seed Waffles <i>with stewed maple apples</i> Fresh Fruit</p>

Menu 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<p>Pumpkin Seed Granola Bars Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Tea Biscuits <i>with chia jam</i> Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Soft Apple Breakfast Cookies Fresh Fruit and Oat Milk</p>	<p>Toasted Coconut and Date Powerballs Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Muffins Fresh Fruit and Oat Milk</p>
LUNCH	<p>Chickpea Stew <i>with sweet potato, carrots, cauliflower</i> Brown Rice Fresh Fruit and Oat Milk</p>	<p>Lentil Shepherd's Pie <i>with mashed potatoes</i> Whole Wheat Rolls Seasonal Vegetables Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Pasta Salad <i>with seasonal roasted vegetables</i> Marinated Tofu and Apple Sauce Fresh Fruit and Oat Milk</p>	<p>Black Bean Chili Seasonal Vegetables Whole Wheat Corn Bread Fresh Fruit and Oat Milk</p>	<p>Chickpea Shawarma Wraps <i>with whole wheat tortilla, diced tomato, cucumber, chopped iceberg lettuce and garlic dill tahini sauce</i> Vegetable Soup Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Whole Wheat Black Bean and Pepper Quesadilla Raw Vegetables</p>	<p>Chia Seed and Coconut Milk Pudding Whole Wheat Toast and Fresh Fruit</p>	<p>Baked Pakoras with Mango Chutney Fresh Fruit</p>	<p>Hummus and Raw Vegetables Whole Wheat Pita</p>	<p>Fruit and Coconut Yogurt Smoothie Whole Wheat Toast</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>Maple Oat Bars Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Muffins Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Rhubarb Crumble Bars 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>Swedish Meatballs <i>with soy crumbles, oats and quinoa</i> Mashed Potatoes Mushroom Gravy Seasonal Vegetables Fresh Fruit and Oat Milk</p>	<p>White Bean Macaroni and Cheese <i>with whole wheat macaroni and blended white bean sauce</i> 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 Fresh Limes Fresh Fruit and Oat Milk</p>
PM SNACK	<p>Blueberry Kale Smoothie Whole Wheat Wow Butter Sandwich</p>	<p>Hummus and Raw Vegetables Whole Wheat Pita</p>	<p>Coconut Yogurt and Hemp Heart Granola Fresh Fruit</p>	<p>Cheerios Fresh Fruit and Oat Milk</p>	<p>Whole Wheat Baked Tortilla Chips Guacamole Raw Vegetables</p>