

# FALL & WINTER MENU



## WEEK 1

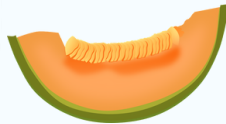
### Monday

B: Cereal, Fruits, Milk  
L: Perogies, Garlic bread,  
veggies, Fruits & Milk  
S: Fresh baked croissant, Fruits



### Tuesday

B: Pancakes, Fruits, Milk  
L: Creamy Tomato soup,  
Dinner rolls, Salad, Fruits & Milk  
S: Zucchini bread, Fruits



### Wednesday

B: Mini croissant, Fruits, Milk  
L: Chicken white, Basmati rice,  
Broccoli, Fruits & Milk  
S: Crackers & Cheese, Fruits



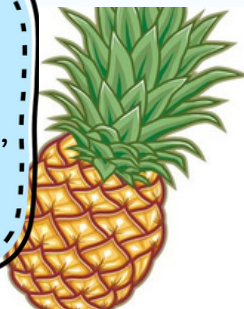
### Thursday

B: Whole wheat toast, Fruits &  
Milk  
L: Beef tomato curry, Buckwheat  
veggies, Fruits & Milk  
S: Apple sauce, Bread & Fruits



### Friday

B: English Muffin, Jam, Fruits &  
Milk  
L: Chicken Lasagna, Italian salad,  
Fruits & Milk  
S: Granola bar & Fruits



## WEEK 2

### Monday

B: Cereal, Fruits, Milk  
L: Chickpea brown rice, Cucumber  
and Bell pepper, Fruits & Milk  
S: Rice cake, Fruits

### Tuesday

B: Waffles, Fruits, Milk  
L: Pumpkin soup, Wheat bread.  
Fruits & Milk  
S: Oatmeal Cookies, Fruits

### Wednesday

B: Raisin bread, Fruits, Milk  
L: Tuna cutlets burgers, Salad,  
Fruits & Milk  
S: Fruits yogurt and crackers

### Thursday

B: Bagel with Cream cheese,  
Fruits, Milk  
L: Veggie Pizza, Salad, Fruits &  
Milk  
S: Carrot muffin, & Fruits

### Friday

B: Whole wheat bread with Jam,  
Fruits, & Milk  
L: Japanese style Chicken curry  
with rice, Salad, Fruits & Milk  
S: Pita with dip & Cucumbers

