



SPRING AND SUMMER MENU



WEEK 1

Monday

B: Cereal, Fruits, Milk
L: Cream of broccoli soup, Dinner rolls
Spring salad, Fruits & Milk
S: Orange cupcake & Fruits

Tuesday

B: Bread with jam, Fruits, Milk
L: Meatballs and Spaghetti,
Italian salad, Fruits & Milk
S: Cheese, Crackers & Fruits

Wednesday

B: Mini croissant, Fruits, Milk
L: Chicken Vegetable fried rice,
Fruits & Milk
S: Corn chips & Fruits

Thursday

B: Waffles, Fruits, Milk
L: Swiss cheese delight sandwich,
Fruits & Milk
S: Hashbrown & Fruits

Friday

B: Bagel, Cream cheese, Fruits,
Milk
L: Butter chicken, Jasmine rice,
Fruits & Milk
S: Granola bar & Fruits

WEEK 2

Monday

B: English muffin, Fruits, Milk
L: Chicken orzo soup, Bread, Veggies,
Fruits & Milk
S: Rice crackers with Cheese & Fruits

Tuesday

B: Raisin bread, Fruits, Milk
L: Chickpea potato and Brown rice
Fruits & Milk
S: Fruit yogurt & Naan bread

Wednesday

B: Pancake, Syrup, Fruits, Milk
L: Beef lasanga ,Garden salad,
Fruits & Milk
S: Arrowrot Cookies and Fruits

Thursday

B: Dinner roll with Cream cheese,
Fruits, Milk
L: Curry chicken with Brown rice,
Salad, Fruits & Milk
S: Assorted muffin & Fruits

Friday

B: Mixed berry rounds, Fruits,
Milk
L: Tuna cutlets burger, Salad,
Fruits & Milk
S: Honey graham crackers &Fruits,