

**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Apple Oatmeal Grapes Milk	Whole Wheat Toast with butter Chia seed fruit spread Melon Milk	Greek Yogurt Strawberries Granola Water	Pumpkin Pancakes Applesauce Milk	Cold Cereal Kiwi Milk
<b>Milk Alternative</b>	Coconut milk	Coconut Milk	Diaya Yogurt	Coconut milk	Coconut Milk
<b>Gluten Alternative</b>	Gluten Free Oatmeal	GF Toast		Gluten Free Pancakes	Gluten Free Rice Krispies
<b>Egg Alternative</b>					
<b>Lunch</b>	Chicken pot pie Steamed broccoli & cauliflower Milk	**Parent Meal** Taco Bake with brown rice Steamed carrots Milk	Tuna broccoli casserole Steamed peas Milk	Roast Beef Corn Mashed Potatoes with cauliflower Milk	Chickpeas and potato curry with spinach Brown Rice California mixed veggies Milk
<b>Milk Alternative</b>	Coconut Milk	Coconut Milk Daiya Cheese	Coconut Milk	Coconut Milk	Coconut Milk
<b>Gluten Alternative</b>	With no biscuits		GF Noodles		
<b>Vegetarian Alternative</b>	Chick Pea Pot Pie	Black Bean Taco Bake		Baked Beans and Tomato Sauce	
<b>PM Snack</b>	Cheddar cheese Apples Stone Wheat Crackers Water	Chocolate Coconut Mousse Bananas Milk	Yogurt Pops Vanilla Cereal Snack Oranges Water	Blueberry oatmeal bars (w/ spinach) Peaches Water	Carrot-pineapple muffins Leftover fruit (oranges) Milk
<b>Milk Alternative</b>	Daiya cheese	Coconut Milk	Diaya Yogurt		Coconut milk
<b>Gluten alternative</b>	No Stone Wheat Crackers		Gluten Free Cereal	Small pan with gluten free flour and gluten free oats	Gluten Free Banana Loaf

**ALLERGY ALERTS:**

Dairy  
Gluten  
Legumes  
Meat  
Soy

Eggs  
Fish  
Pork/Gelatin  
Mustard  
Cinnamon

**PLEASE ENSURE THAT YOU QUESTION KITCHEN STAFF IF YOU ARE AT ALL CONCERNED ABOUT A MENU ITEM**

**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Cream of Wheat Oranges/mandarin Water	Raisin Toast with butter Strawberries Milk	Mexican Scrambled eggs Pears Milk	Pumpkin loaf Peaches Milk	Cold Cereal Grapes Milk
<b>Milk Alternative</b>		Coconut Milk	Coconut milk	Coconut Milk	Coconut Milk
<b>Gluten Alternative</b>	Gluten Free Oats	Gluten Free Raisin Bread	Tofu scrambled eggs	GF Loaf	GF Cereal
<b>Lunch</b>	Cream of chicken soup Garlic bread Steamed Carrots Milk	Turkey Lasagna Mixed Veggies Milk	Meatloaf Roasted Potatoes, carrots, Brussel sprouts Milk	Pork Stirfry Brown Rice Stir Fry Veggie Blend Milk	Mac & Cheese (w/pureed chickpeas and squash) Peas Milk
<b>Milk Alternative</b>	Coconut Milk Chicken Soup with water	Coconut Milk Daiya cheese	Coconut Milk	Coconut Milk	Coconut Milk
<b>Gluten Alternative</b>	GF noodles	Turkey lasagna with GF noodles	Tofu Stir fry with vegetarian sauce		
<b>Vegetarian Alternative</b>	Chick Pea Instead of Chicken	Black Bean Pasta	Baked Beans with Tomato Sauce	Tofu with Stir-fry Sauce	
<b>PM Snack</b>	Apple crisp Bananas Milk	W. wheat breadsticks Marinara sauce Cantaloupe melon Water	Cheese Biscuits Kiwi Water	Homemade granola Yogurt Apples Water	Toasted English Muffins Wow Butter Left over fruit Water
<b>Milk Alternative</b>	Coconut Milk	Naan Bread(milk)		Daiya Yogurt	
<b>Gluten Alternative</b>	Make all crisps w GF oats	GF baguette	Cheese Biscuits with GF flour	Cereal mix made w GF cereals	Gluten Free English Muffins

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Dairy  
Gluten  
Legumes  
Meat  
Soy

Eggs  
Fish  
Pork/Gelatin  
Mustard  
Cinnamon

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**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM Snack</b>	Cottage Cheese Scrambled eggs Grapes Milk	Whole Wheat Toast Chia Fruit spread Melon Milk	Cream of Wheat Mangos Milk	Banana oatmeal bars w/ flax Oranges Milk	Cold cereal Bananas Milk
<b>Milk Alternative</b>	Coconut milk Omit cheese from eggs	Coconut Milk	Coconut Milk Oatmeal made with water	Coconut milk	Coconut milk
<b>Gluten alternative</b>		GF Toast	Gluten free oatmeal	Gluten free baking	Gluten Free Cereal
<b>Egg Alternative</b>	Cold cereal				
<b>Lunch</b>	Roasted chicken and vegetables with Rice Pilaf Milk	Sheppard's pie Carrots Milk	Crusted tilapia Brown rice Broccoli & cheese sauce Milk	Turkey veggie chili Bannock Milk	WW cheese pizza sticks Cucumbers and tomatoes Milk
<b>Milk Alternative</b>	Coconut Milk	Coconut milk Dairy-Free Sheppard's pie	Coconut Milk Broccoli w/o sauce	Coconut milk Omit milk from recipe	Coconut Milk Daiya Cheese Pizza
<b>Gluten Alternative</b>			Gluten free bread crumb mixture Broccoli w/o sauce	Gluten Free Bread	Gluten Free- Daiya Cheese Pizza
<b>Vegetarian Option</b>	Marinated chickpeas	Sheppard's Pie with Baked Beans	Seasoned chickpeas	Vegetarian Chili	
<b>PM Snack</b>	Rice Pudding Pears Water	Gingerbread spice cake (w/carrot) Peaches Water	Yogurt Kashi Left over fruit Water	Whole Wheat Wraps Sunflower Butter Apples Water	Blueberry Loaf Strawberries Water
<b>Milk Alternative</b>	Dairy free rice pudding	Omit yogurt in recipe	Daiya Yogurt		Omit milk in recipe
<b>Gluten Alternative</b>		Gluten free baking	Gluten free cereal	Rice wraps	Gluten Free Bread

**ALLERGY ALERTS:**

- Dairy
- Gluten
- Legumes
- Meat
- Soy

- Eggs
- Fish
- Cinnamon
- Mustard

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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Raisin toast Sunflower Butter Bananas Milk	Vegetable frittata Tomatoes Milk	Yogurt Granola Strawberries Water	Banana loaf (w/ cauliflower) Grapes Milk	Cold cereal Pears Milk
<b>Milk Alternative</b>	Coconut milk	Coconut Milk	Daiya Yogurt	Coconut milk	Coconut milk
<b>Gluten Alternative</b>	GF Raisin toast		Omit Granola	GF Loaf	GF Cereal
<b>Egg Alternative</b>		Tofu Frittata			
<b>Lunch</b>	Greek marinated chicken Tomato cucumber avocado salad Naan bread Milk	Bolognese sauce with beef WW pasta Peas Milk	Baked Salmon Quinoa Steamed corn, peas and carrots Milk	Vegan Lentil Stew Steamed Carrots Whole Wheat Dinner Buns Milk	Minestrone Soup Snap peas, cucumber, Cherry tomatoes Cheese Biscuits Milk
<b>Milk Alternative</b>	Coconut milk	Coconut Milk	Coconut Milk	Coconut Milk	Coconut milk
<b>Gluten Alternative</b>	GF bread	GF Pasta		GF Bread	GF Bread
<b>Vegetarian Alternative</b>	Greek marinated chickpeas	Black Bean Pasta			
<b>PM Snack</b>	Cheese Cubes Apples Stone Wheat Crackers Water	Tropical Loaf Mandarins Milk	Lemon zucchini yogurt bars Melon Water	Apple Spice Muffin Kiwi Water	Raspberry oatmeal bars Leftover fruit Water
<b>Milk Alternative</b>	DF Cheese	Coconut Milk	DF Loaf		
<b>Gluten Alternative</b>	Omit Crackers	GF Loaf	GF Loaf	Muffin made with GF Flour	Raspberry oatmeal bars with gluten free flour

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Fish  
Pork/Gelatin  
Mustard  
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WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM Snack</b>	Pumpkin raisin oatmeal Grapes Milk	Oatmeal Pancakes Apples Water	Banana berry smoothie (w/avocado & spinach) Raisin Toast Water	Green scrambled eggs Pears Milk	Cold Cereal Apples Milk
<b>Milk Alternative</b>	Coconut milk			Coconut milk	Coconut Milk
<b>Gluten Alternative</b>	GF oatmeal	GF Pancakes	GF Bread		GF Cereal
<b>Egg Alternative</b>				Tofu scrambled eggs	
<b>Lunch</b>	Chicken veggie soup Steamed Carrots Scotch scones Milk	Sweet & sour meatballs Brown Rice Mixed vegetables Milk	Turkey Stroganoff Peas Milk	Salmon patties Quinoa Vegetable salad (edamame beans) Milk	Tomato Soup Grilled Cheese Sandwiches Milk
<b>Milk Alternative</b>	Coconut Milk	Coconut milk	Coconut milk No cream	Coconut milk	Coconut milk Tomato Soup with water DF Cheese
<b>Gluten Alternative</b>	GF Scones		GF Noodles		GF bread
<b>Vegetarian Alternative</b>	Vegetable Soup with Chick peas	Tofu with Sweet and Sour Sauce	Chick Pea Stroganoff		
<b>PM Snack</b>	Bagels with Chia Spread Bananas Water	Granola Yogurt Kiwi Water	Oatmeal Muffin Oranges Milk	Stove-top cereal trail mix Melon (cantaloupe) Water	Ginger pumpkin cookies w/ black beans Leftover fruit Milk
<b>Milk Alternative</b>		Daiya Yogurt	Coconut milk		Coconut milk
<b>Gluten Alternative</b>	GF Raisin toast	GF Granola	GF Muffins	Made w/ GF cereal	GF homemade cookies w/ black beans

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