

Week 1 / Semaine 1



MONDAY Sandwich	TUESDAY Fish / Poisson	WEDNESDAY Pasta / Pate	THURSDAY Meat / Viande	FRIDAY Miscellaneous / Varié
Cereal	Yogurt & apples	Boiled eggs & toast	Strawberries & oatmeal	Gluten free egg & dairy free French toast
Grilled ham & cheese sandwich With a garden salad	Baguette salmon spread & cheese with fresh veggies	Roasted garlic pasta with brussels sprout	BBQ chicken with potato salad & asparagus	Tofu burger with a kale Caesar salad
Applesauce and breadsticks	Pita with an avocado & hummus dip	Fresh veggies with a roasted red pepper dip	Cheese & crackers	Arrowroots & oranges



Week 2 / Semaine 2

MONDAY Sandwich	TUESDAY Fish / Poisson	WEDNESDAY Pasta / Pate	THURSDAY Meat / Viande	FRIDAY Miscellaneous / Varié
Cereal	Tomato, cheese & english muffins	Cottage cheese & pineapple	Bagels & cream cheese with berries	Applesauce & toast
Soy nut butter & jelly sandwich with apple slices	Baked cod with veggies medley & bean salad	Spaghetti with ricotta & tomatoes with steamed broccoli tossed with bacon bits	Chicken, pineapple & quinoa	Turkey meatloaf with rice & carrots
Veggies & dip	Banana bread & grapes	Bits & bites with banana	Cheesy zucchini caterpillar	Watermelon & breadsticks

All lunches are served with 2% milk / Tous les dîners sont servi avec du lait 2%

Week 3 / Semaine 3



MONDAY Sandwich	TUESDAY Fish / Poisson	WEDNESDAY Pasta / Pate	THURSDAY Meat / Viande	FRIDAY Miscellaneous / Varié
Cereal	Apple sauce & cinnamon toast	Lemon loaf & kiwi	French toast casserole & apple slices	Yogurt & berries
Egg salad on rolls with fresh veggies	Garbanzo & tuna salad with pesto pizza	Tomato tortellini soup with turkey salad sandwich	Lemon garlic chicken with potatoes & cauliflower	Cold cuts, veggies and bread
Grapefruit & rice crackers	Bananas pudding with whole wheat crackers	Kale chips and pears	Fruit salad	Brown rice crispy with cantaloupe

Week 4 / Semaine 4

MONDAY Sandwich	TUESDAY Fish / Poisson	WEDNESDAY Pasta / Pate	THURSDAY Meat / Viande	FRIDAY Miscellaneous / Varié
Cereal	Oatmeal & raisins	Boiled egg, toast & banana	Fruit salad	Mix & Match
Turkey avocado & cheese sandwiches with tomato slices & cucumbers	Italian Tuna melts with sesame cucumber salad	Pork roast with macaroni salad	Chicken quesadillas with garden salad	Bacon, egg and cheese on English muffin with fresh peppers & hash browns
Apple sauce & arrowroots	Smoothies & goldfish	Veggies & dip	Cheese & crackers	Mix & Match

**All lunches are served with 2% milk / les repas sont servi avec du lait 2%