

# Menu

## Week One

Date November 14-18 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cereal with Milk Mangos	Cereal with Milk Bananas	Cereal with Milk Pears	Cereal with Milk Bananas	Cereal with Milk Oranges
Lunch	Stir fry with Tofu (broccoli, carrot, snow pea, celery, cabbage, bean sprouts, bell peppers, tofu option) Brown roll  Vermicelli noodles	Butternut Squash Soup (squash, carrot, onion) Roasted Root Veggies (mini red potatoes, celeriac, sweet potato, carrot)  Toasted Pita Squares	Refried Beans and Wholewheat Tortilla (red and white kidney beans, tomato, onion, parsley) Served with: -cheddar -tomato -sour cream -salsa Carrot and cucumber sticks	Chili con Carne (tomato, red and white black and mung bean, onion, carrot, celery, beef or soy ground, brown rice)  Carrot and celery sticks	Beef and Veggie Dogs w. Whole Wheat Buns Veggie Sticks: -celery -peppers -carrots -cucumbers -pickles onion dip
Afternoon	Pears	Apples	Oranges	Apples	Pears
Aftercare	Hummus and Pita	Wow butter and jam sandwiches	Rice Rolls	Graham Crackers and Apple Butter	Oatmeal Raisin Cookies

All Lunches served with a choice of milk, rice milk or water