

## SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b> 8:30-9:30	Toasted bagels Fresh fruit Water	Hot cereal with milk Fresh fruit Water	Ww toast and yogurt fresh fruit water	Mini egg quiche with english muffins Fresh fruit Water	Mini fruit muffins Fresh fruit Water
<b>LUNCH</b> 11:00-12:30	Chick pea, spinach and tomato soup Cheese breads Fresh fruit Milk	Mini turkey meat loaves Couscous mixed vegetables with bread Fresh fruit Milk	Chicken broccoli rice soup pitas Fresh fruit Milk	Baked ham with mashed potatoes Carrots Fresh fruit Milk	Salmon fillets with rice Peas bread Fresh fruit Milk
<b>ALTERNATIVE</b>	Dairy free	Veggies/dairy free	Bean soup	Chicken or veggy	
<b>FINGER FOOD</b>	Broccoli	Cauliflower	Baby carrots	Salad	Tomatoes/ Cucumber
<b>AFTERNOON SNACK</b> 2:00-3:00	Digestives and apple sauce Fresh fruit Water	Mini fruit pies Fresh fruit Water	Cheese and crackers fresh fruit Water	Hummus and rice cakes Fresh fruit Water	Muffins Fresh fruit Water
FOOD GROUPS, DAILY REQUIREMENTS AND TOTALS					
GRAIN PRODUCTS 3-4 SERVINGS	4	4	4	4	4
VEGETABLE & FRUIT 4-5 SERVINGS	5	5	5	5	5
DAIRY PRODUCTS 2 SERVINGS	2	2	2	2	2
MEAT & ALTERNATIVES 1 SERVINGS	1	1	1	1	1

Menu Changes: