

**Week Three**

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Morning snack</i>				
Shreddies w milk (1%)	Whole w toast with ricotta cheese	Whole wheat cinnamon toast	Whole wheat pita w cream cheese	Shreddies w milk (1%)
Apples	Oranges	Milk (1%) Apples	Bananas	Oranges
<i>Lunch</i>				
Whole wheat spaghetti w meatballs in tomato sauce	Chicken soup w carrots, celery, green peppers, zucchini, egg noodles	Meatloaf Brown Rice	Pizza w mozzarella cheese	Red lentil & carrot soup
Green & yellow beans, carrots	Whole wheat bread	Broccoli	Chick pea, sweet potato salad w Italian dressing	Whole wheat bread
Apples	Oranges	Coleslaw	Cucumbers	Orange slices
Milk (1%)	Milk (1%)	Bananas	Apples	Milk (1%)
		Milk (1%)	Milk (1%)	
<i>Vegetarian Alternative for meat, fish meals</i>				
Soy protein to replace meatballs	Lentil soup w celery & spinach	Soy product to replace meatloaf	Same	Same
<i>Afternoon Snack</i>				
Trail mix(pretzels, high fibre cereals, raisins)	Whole wheat pita w cream cheese	Whole wheat bagels w apple butter	Whole Wheat English Muffins w tofu spread	Graham crackers w pea butter
Oranges	Apples	Oranges	Apples	Bananas
Milk (1%)		Milk (1%)		
Snacks/meals can occasionally be substituted with nutritionally equivalent foods according to availability – see substitute menu				
3 <sup>rd</sup> snack – late snack (5.30 pm) fruit of the day, substitute whole wheat crackers				