

**Week One**

Monday

Tuesday

Wednesday

Thursday

Friday

<i>Morning snack</i>				
Shreddies w milk (1%)  Apples	Whole w toast with pea butter  Oranges	Whole wheat English muffins w low fat cream cheese  Apples	Whole wheat toast w cinnamon Milk (1%) Bananas	Shreddies w milk (1%)  Oranges
<i>Lunch</i>				
Whole wheat penne w tuna, low fat cheese, tomato sauce  Green beans, carrots  Orange slices  Milk (1%)	Meatball soup w savoy cabbage, carrots, celery  Whole wheat bread  Apples  Milk (1%)	Baked chicken legs w garlic, low sodium soya sauce  Basmati rice  Broccoli , cucumbers  Bananas  Milk (1%)	Whole wheat bagels with hard boiled eggs  Spinach, tomato, cucumber salad w raspberry dressing Orange slices  Milk (1%)	Chile w red kidney beans, ground beef, soy protein, corn, tomato sauce  Raw carrot, cucumber  Whole wheat bread Bananas  Milk (1%)
<i>Vegetarian Alternative for meat, fish meals</i>				
Tofu replacing tuna fish	Minestrone soup w beans, pasta and vegetables	Soy protein substitute for chicken	Tofu replacing egg	Vegetarian chili Same as above less ground beef
<i>Afternoon Snack</i>				
Trail Mix (cheerios, shreddies, pretzels, raisins)  Apples  Milk (1%)	Whole wheat pita w tofu spread  Oranges	Saltine crackers(low sodium) w cheese cubes  Apples	Graham crackers  Bananas  Milk (1%)	Whole wheat English muffins w cream cheese  Oranges
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				