

WEEK	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>W1</b>	<b>AM</b>	WW English Muffin, Apple Sauce	WW Bread, Wow Butter, Fresh Fruit	Vanilla Oatmeal and Mixed Berries	Apple, Chocolate Hummus, WW Crackers	Cherios, Plant-based Milk, Fresh Fruit
	<b>LUNCH</b>	Red Lentil & Mushroom Spaghetti Bolognese, Fruit	Chickpea, Sweet Potato, Green Bean Curry, Quinoa & Brown Rice, Fruit	White Beans, Broccoli and Carrot Rotini Stir Fry, Fruit	Chickpea, Pea, Carrot & Corn Rice Pilaf, Roasted Pumpkin, Fruit	Mixed Beans Minestrone Soup, Bread, Fruit
	<b>PM</b>	Banana Raisin Oat Cookies, Fruit	Tropical Fruits Sauce, Mini Naan	Banana Strawberries Smoothie	Fruit Salad, WW Tortilla	Apple Pie Muffins
<b>W2</b>	<b>AM</b>	Cinnamon Oatmeal, Apple	WW English Muffin, Wow Butter, Fresh Fruit	Hemp Pancake, Maple Syrup, Blueberries	Sweet Potatoes Coconut Cream, Cucumber, Crackers	Cherios, Plant-based Milk, Fresh Fruit
	<b>LUNCH</b>	Ratatouille Baked Penne with Zucchini, Kidney Beans, Fruit	Roasted Cauliflower & Quinoa Casserole	Mixed Beans, Bell Pepper, Kale Rotini Stir Fry, Fruit	White Beans, Carrot, Potato, Mushroom Ragout, Brown Rice, Fruit	Summer Squash Soup with White Beans & Kale, Brioche, Fruit
	<b>PM</b>	Blueberries Raisin Muffins	Pineapple Slaw, Mini Naan	Toasted Coconut, Date, Oat Power Bar, Fruit	Blueberries Banana Smoothie	Banana Raisin Cake
<b>W3</b>	<b>AM</b>	English Muffin, Apple Sauce	English Muffin, Wow Butter, Fruit	Chia Pancake, Maple Syrup, Fruit	WW. Bread, Wow Butter, Fruit	Cherios, Plant-based Milk, Fresh Fruit
	<b>LUNCH</b>	Lentil, Bell Pepper Spaghetti Bolognese, Fruit	Baked Falafel, Hummus, Sweet Corn Salad, Fruit	Silky Tofu with Mushroom, Pea & Tomato Sauce, Brown Rice, Fruit	Bell Pepper, Spinach, Black Eyed Beans Rotini Stir Fry, Fruit	Summer Harvest Soup w. Green Beans, Quinoa, Olive Garlic Bread, Fruit
	<b>PM</b>	Mini Naan, Fruit Salad	Tropical Smoothie	Banana Raisin Oat Cookies, Fruit	Chocolate Hummus, Veggies Platter	Black Bean Brownies
<b>W4</b>	<b>AM</b>	WW Bread, Wow Butter, Fruit	Vanilla Oatmeal & Banana	Strawberries Chia Sauce, Assorted Breads	Apple, Chocolate Hummus, WW Crackers	Cherios, Plant-based Milk, Fresh Fruit
	<b>LUNCH</b>	Lentil, Root Vegetables Curry, Brown Rice, Fruit	Mixed Beans, Seasonal Greens & Pasta Stir Fry, Fruit	Teriyaki Tofu, Mixed Veggies Turmeric Rice Pilaf, Cucumber, Fruit	Roasted Vegetables, White Beans Penne Pasta w. Tomato Sauce	Three Sisters Stew with Pinto Beans, Corn & Squash, Bread, Fruit
	<b>PM</b>	Fruit Salad, Tortilla Cups	Chocolate Hummus, Apple, Crackers	Banana Raisin Cake	Mango Smoothie	Strawberries Muffins

Snacks served with water, lunches served with fortified Plant Based Milk

