



WEEK	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W1	AM	WW Bread, Wow Butter, Fresh Fruit	Chocolate Hummus, Apple, Crackers	Cinnamon Oatmeal w. Ground Flax & Apples	WW English Muffin, Strawberries Apple Dip	Cherios, Oat Milk, Fresh Fruit
	LUNCH	Roasted Vegetable w. Pea, Sautéed Penne Pasta, Fresh Fruit	Tofu w. Cauliflower Stir Fry, Chickpea & Vegetable Mix Rice Pilaf, Fresh Fruit	Mix Beans, Broccoli and Bell Pepper Rotini Stir Fry, Fresh Fruit	Red Lentil Mushroom Spaghetti Bolognese, Fresh Fruit	Three Sisters Stew w. Pinto Bean, Corn & Squash, WW Bread, Fresh Fruit
	PM	Hummus with Pita & Cucumber	Banana Raisin Oat Cookies, Fresh Fruit	Banana Raisin Bread, Fresh Fruit	Vegetable Platter, WW Crackers, Hummus	Strawberries Muffin w. Ground Flax, Fresh Fruit
W2	AM	WW English Muffin, Apple Sauce	Blueberry Oatmeal	WW Bread, Wow Butter, Fresh Fruit	Veggies, Chocolate Hummus, Crackers	Cherios, Oat Milk, Fresh Fruit
	LUNCH	Red Lentil, Corn & Mushroom Spaghetti Bolognese, Fresh Fruit	White Bean, Cauliflower, Potato & Carrot Ragout, Brown Rice, Fresh Fruit	Spinach, Tomatoes & Green Pea Pasta, Fresh Fruit	Black Eyed Bean, Kale, Bell Pepper Rotini Stir Fry, Fresh Fruit	Mixed Beans Minestrone Soup, WW Bread, Fresh Fruit
	PM	Fresh Fruit & Crackers	Pita Bread, Cucumber & Hummus	Banana Raisin Oat cookies, Fruit	Fruit Salad, WW Tortilla Cups	Blueberries Oat Muffin with ground flax, Fresh Fruit
W3	AM	Banana Oatmeal	Pineapple & Apple Dip, WW Bread	Banana Raisin Bread, Fresh Fruit	WW Bread, Wow Butter, Fresh Fruit	Cherios, Oat Milk, Fresh Fruit
	LUNCH	Red Lentil, Zucchini, Carrot & Potato Curry, WW Bread	Lentil, Butternut Squash, Potato & Carrot Soup, WW Corn Bread, Fresh Fruit	Stir-Fry Vegetable w. Tofu, Brown Rice, Fresh Fruit	White Bean, Seasonal Vegetable Rotini Stir Fry, Fresh Fruit	Chickpea, Vegetable Mix Rice Pilaf, Roasted Cauliflower & Carrot, Fresh Fruit
	PM	Fruit Salad, WW Tortilla Cups	Fruit, Chocolate Hummus, WW Crackers	Soft Apple Oat Cookies, Fresh Fruit	Pineapple Slaw, WW Bread	Black Bean & Date Brownies, Fresh Fruit
W4	AM	Mango & Apple Dip, WW Bread	Hemp Pancake, Banana, Maple Syrup	Banana Raisin Oat Cookies, Fruit	Oatmeal with ground flax, Blueberries	Cherios, Oat Milk, Fresh Fruit
	LUNCH	Roasted Vegetable, Mix Beans Penne Pasta, Fresh Fruit	White Bean, Bell Pepper, Spinach Rotini Stir Fry, Fresh Fruit	Fried Tofu, Vegetable Mix Rice Pilaf, Roasted Pumpkin, Fresh Fruit	Green Pea, Red Lentil & Mushroom Spaghetti Bolognese, Fresh Fruit	Lentil, Potato, Carrot, Pumpkin Curry, Brown Rice, Fresh Fruit
	PM	Cucumber, Wow Butter, Crackers	White bean dip w. baked pita, cucumber	Fruit Salad, WW Tortilla Cups	Fruit, Chocolate Hummus, Crackers	Apple Crumb Muffins with ground flax, Fresh Fruit

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