



Winter Menu

		Week 1 (January 4-8, February 8-12 and March 7-11)	Week 2 (January 11-15, February 15-19 and March 14-18)	Week 3 (January 18-22, February 15-19 and March 14-18)
Monday	snack	Fruit	Fruit	Cereal
	Lunch	Crudités Cheese Quiche Muffins	caesar salad Pasta with meat sauce Apple sauce	Cucumber and tomato salad Penne with tofu tomato sauce Apple sauce
	snack	Rice cakes wth homemade jam	Tortillas with cream cheese and pears	Sundried tomato rice cakes with cheese
Tuesday	Snack	Cereal	Cereal	Fruit
	Lunch	Chinese cabbage coleslaw Asian tofu stirfry on rice noodles Yogourt	Winter lentil soup Cheesy garlic bread Yogourt	Moroccan couscous Carrot and raisin salad Yogourt
	Snack	Grapes and cheese	Artichoke and spinach dip with crackers	Oatmeal cookies
Wednesday	Snack	Fruit	Fruit	Fruit
	Lunch	Broccoli salad Salmon pie Homemade granola bars	Crudités Tuna pizza Carrot cake	Peas and carrots Salmon "vol au vents" Homemade granola bars

	Snack	Peppers and hummus	Crackers and cheese	Muffins
Thursday	Snack	Cereal	Cereal	Mini bagel with homemade jam
	Lunch	Butternut squash soup Chicken ratatouille on brown rice Oatmeal cookies	Vegetable couscous Chicken with fine herbs Banana tofu pudding	Brocoli Sweet and sour pork meatballs Mashed potatoes Tofu and berry mousse
	Snack	Soy and banana roll ups	Apples with soy butter	Hummus and peppers
Friday	Snack	Fruit	Fruit	Fruit and lemon cream cheese dip
	Lunch	Salade verte Mashed potatoes Meatloaf Vanilla yogourt with granola	Apple and cabbage coleslaw Pulled pork sandwiches Yogourt	Green salad Jamaicain beef stew on rice Pumpkin pudding
	Snack	Muffins	Muffins	Fruit and cheese

Week 4 (January 25-29, February 22-26 and March 21-25)	Week 5 (February 1-5, February 29- March 4 and March 28-April 1)
Fruit	Fruit
Peas Chicken divan on brown rice Muffins	Grilled peppers and avocados Beef taco on soft tortillas Apple sauce
Apples with soy butter	Granola bars
Oatmeal	Cereal
Caesar salad Spinach and ricotta lasagna Banana bread	Greek salad Falafels on pita with tzatziki Black bean brownies
Pita and hummus	Fruit
Fruit	Fruit
Broccoli potage Fish with fine herbs Vegetable rice Yogourt	Tomato soup with pasta Salmon cakes with dill sauce Steamed carrots Yogourt
Artichoke and spinach dip with crackers	Crudités with hummus

Cereal	Zucchini muffins
Tomato and cucumber salad Vegetarien chili Muffin cornbread Fruit	Beef and barley soup Omelette Beet salad Fruit
Tortillas with cream cheese and pears	Tortillas with black bean dip
Fruit	Fruit
Crudités Pork and Kalamata olive meatballs Mashed potatoes Yogourt	Carrot and celery root salad Homemade baked chicken strips Baked potato fries (white and sweet potato) Banana and soy "lolipops"
Muffins	Oatmeal cookies