



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)	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)
Monday	snack	Fruit	Fruit	Cereal	Fruit	Fruit
	Lunch	Crudités Cheese Quiche Muffins	caesar salad Pasta with meat sauce Apple sauce	Cucumber and tomato salad Penne with tofu tomato sauce Apple sauce	Peas Chicken divan on brown rice Muffins	Grilled peppers and avocados Beef taco on soft tortillas Apple sauce
	snack	Rice cakes wth homemade jam	Tortillas with cream cheese and pears	Sundried tomato rice cakes with cheese	Apples with soy butter	Granola bars
Tuesday	Snack	Cereal	Cereal	Fruit	Oatmeal	Cereal
	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	Caesar salad Spinach and ricotta lasagna Banana bread	Greek salad Falafels on pita with tzatziki Black bean brownies
	Snack	Grapes and cheese	Artichoke and spinach dip with crackers	Oatmeal cookies	Pita and hummus	Fruit
Wednesday	Snack	Fruit	Fruit	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	Broccoli potage Fish with fine herbs Vegetable rice Yogourt	Tomato soup with pasta Salmon cakes with dill sauce Steamed carrots Yogourt
	Snack	Peppers and hummus	Crackers and cheese	Muffins	Artichoke and spinach dip with crackers	Crudités with hummus
Thursday	Snack	Cereal	Cereal	Mini bagel with homemade jam	Cereal	Zucchini muffins
	Lunch	Butternut squash soup	Vegetable couscous	Brocoli	Tomato and cucumber salad	Beef and barley soup

		Chicken ratatouille on brown rice Oatmeal cookies	Chicken with fine herbs Banana tofu pudding	Sweet and sour pork meatballs Mashed potatoes Tofu and berry mousse	Vegetarien chili Muffin cornbread Fruit	Omelette Beet salad Fruit
	Snack	Soy and banana roll ups	Apples with soy butter	Hummus and peppers	Tortillas with cream cheese and pears	Tortillas with black bean dip
Friday	Snack	Fruit	Fruit	Fruit and lemon cream cheese dip	Fruit	Fruit
	Lunch	Salade verte Mashed potatoes	Apple and cabbage coleslaw Pulled pork sandwiches	Green salad Jamaicain beef stew on rice	Crudités Pork and Kalamata olive meatballs	Carrot and celery root salad Homemade baked chicken strips
		Meatloaf Vanilla yogourt with granola	Yogourt	Pumpkin pudding	Mashed potatoes Yogourt	Baked potato fries (white and sweet potato) Banana and soy "lolipops"
	Snack	Muffins	Muffins	Fruit and cheese	Muffins	Oatmeal cookies