

Menu 9	Mon	Tue	Wed	Thur	Fri
Snack	Applesauce, cinnamon toast	berries, applesauce muffins	carrots, hummus	green beans, cottage cheese	banana, peanut butter, jelly
Lunch	Chicken Stir Fry, carrots, broccoli, rice, milk	Meat Loaf, romaine salad, corn, milk	Pea Soup, whole wheat bannock with oats, milk	Spinach Quiche, bread, peas, milk	Haddock au Gratin, vegetable, milk
Snack	tomato, grilled cheese	cucumber, yogurt dip	oranges, yogurt	fruit salad and Super Strength Cookies * or Magic Muffins *	cream of pumpkin soup, crackers

Menu 11	Mon	Tue	Wed	Thur	Fri
Snack	berries, oatmeal	applesauce, Cardamon Muffins	cucumber, cream cheese, bagel	tomato, grilled cheese	oranges, yogurt
Lunch	Red Pepper and Mushroom Frittata, romaine salad, bread, milk	Stone Soup with beans, buns, milk *	Chicken Broccoli Casserole, bread, milk	Kedgeree (fish), peas and carrots, milk	Beef Stir Fry, milk
Snack	cream of vegetable soup, crackers	carrots, cottage cheese	banana, peanut butter	peaches, multi grain loaf	pumpkin puree, multi grain cookie