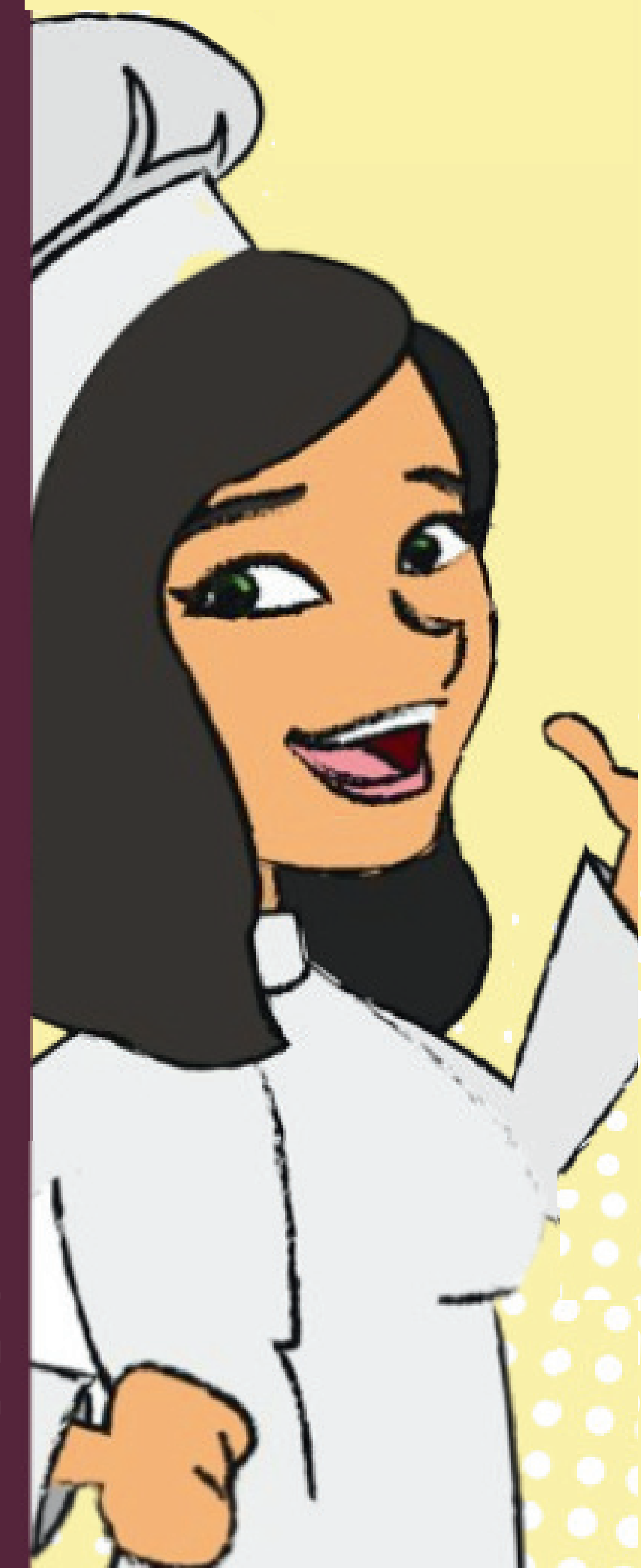
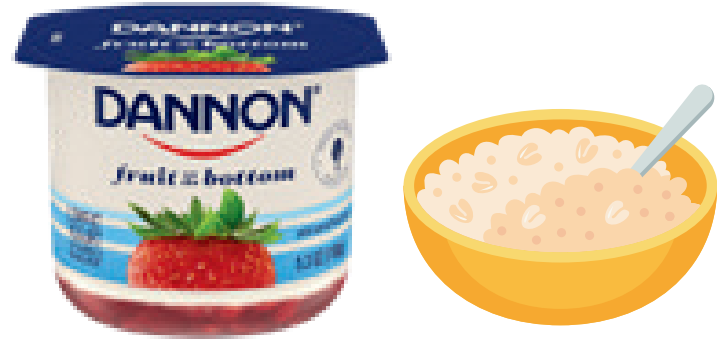
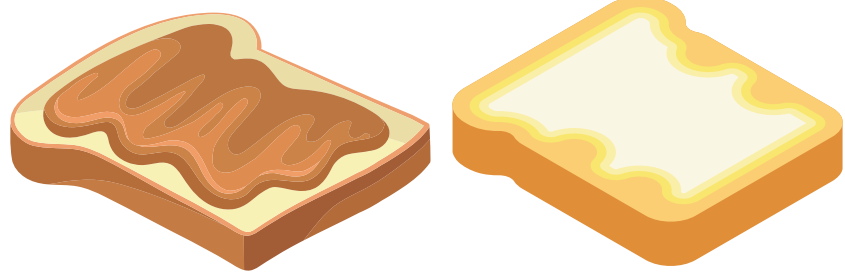


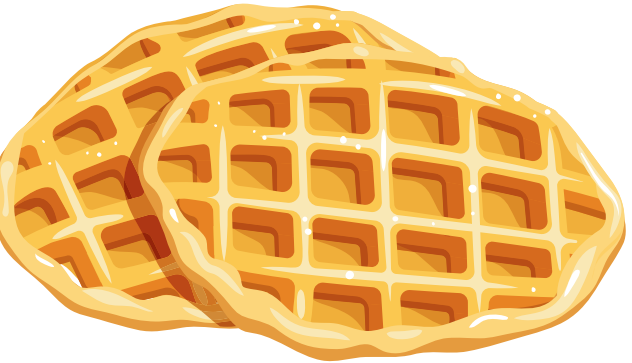
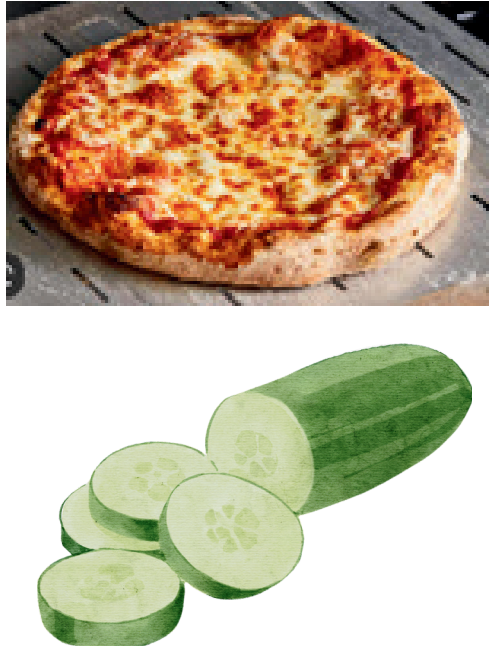











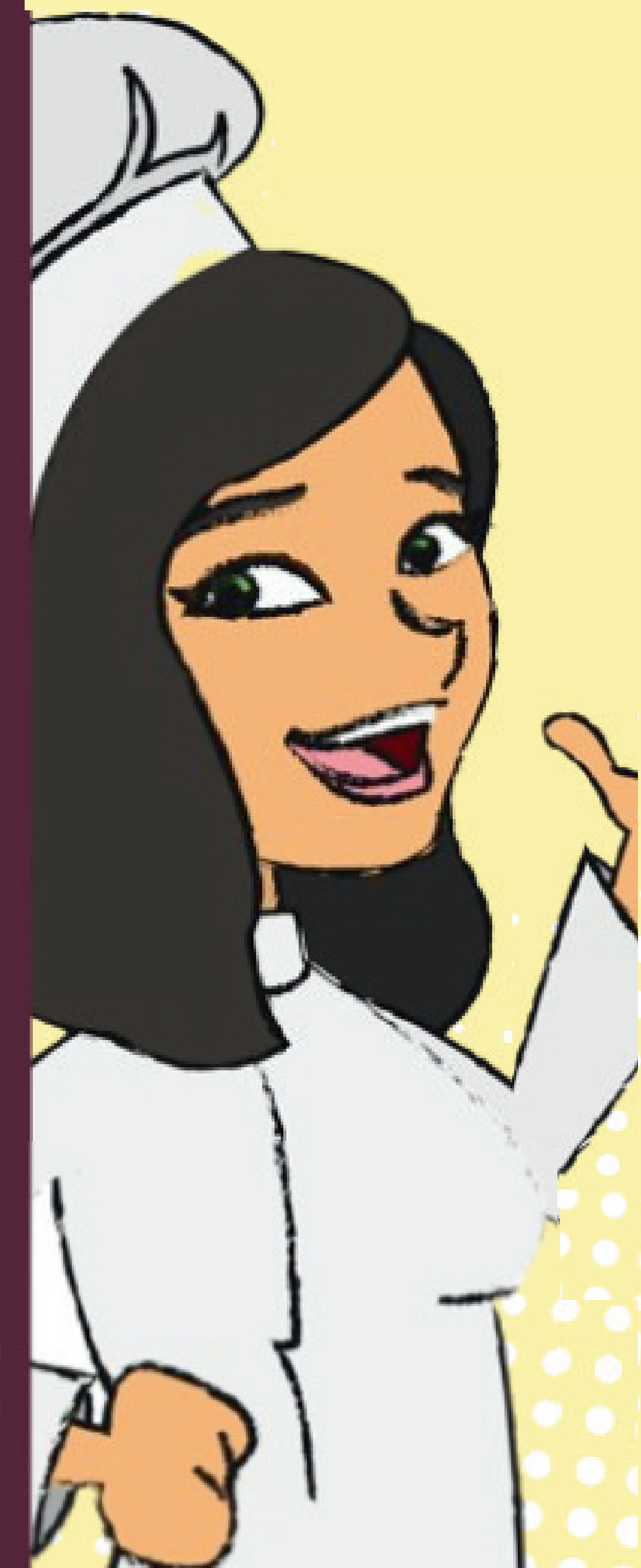
WEEK 1 MENU














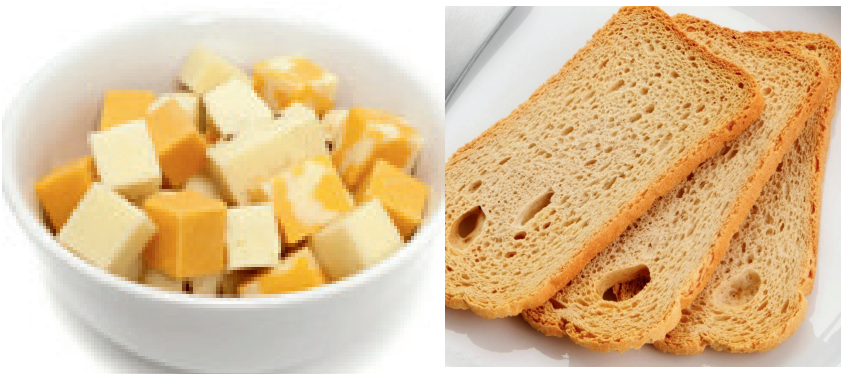



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Fruit Yogurt & Oatmeal + Fresh Fruit</p> 	<p>Wow Butter/ Cream cheese on toast + Fresh Fruit</p> 	<p>Scrambled Egg bagel + Fresh Fruit</p> 	<p>Cereal with milk + Fresh Fruit</p> 	<p>Waffles + Fresh Fruit</p> 
Lunch	<p>Pizza + Cucumber Slices</p> 	<p>Chicken Quesadilla + Veggies</p> 	<p>Lentils/ Red bean with rice and tomato sauce + Veggies</p> 	<p>Tilapia Pasta Salad + Veggies</p> 	<p>Beef stew soup with veggies + Toast</p> 
Snack 3:30 pm	<p>Apple Sauce + Graham crackers</p> 	<p>Fresh cut Fruit Salad + Arrowroot Biscuit</p> 	<p>Chef's Banana Cupcakes</p> 	<p>Cheese Strings + Crackers</p> 	<p>Arrowroot Biscuit + Fresh cut fruits</p> 

- Fruits e.g.: Bananas/ Apples/ Oranges/ Pears.
- Vegetables e.g.: Tomatoes/ Cucumbers/Broccoli/ Cauliflower/ Peppers (sweet)/ Peas/ Corn/ Lettuce.
- Homo milk is served with every meal to infant and toddlers / 2% Milk for preschoolers.
- The second snack will be served at 5 pm. It will consist of Goldfish/ Biscuits/ Rice Crackers/ Cereal/ Fresh Fruits.

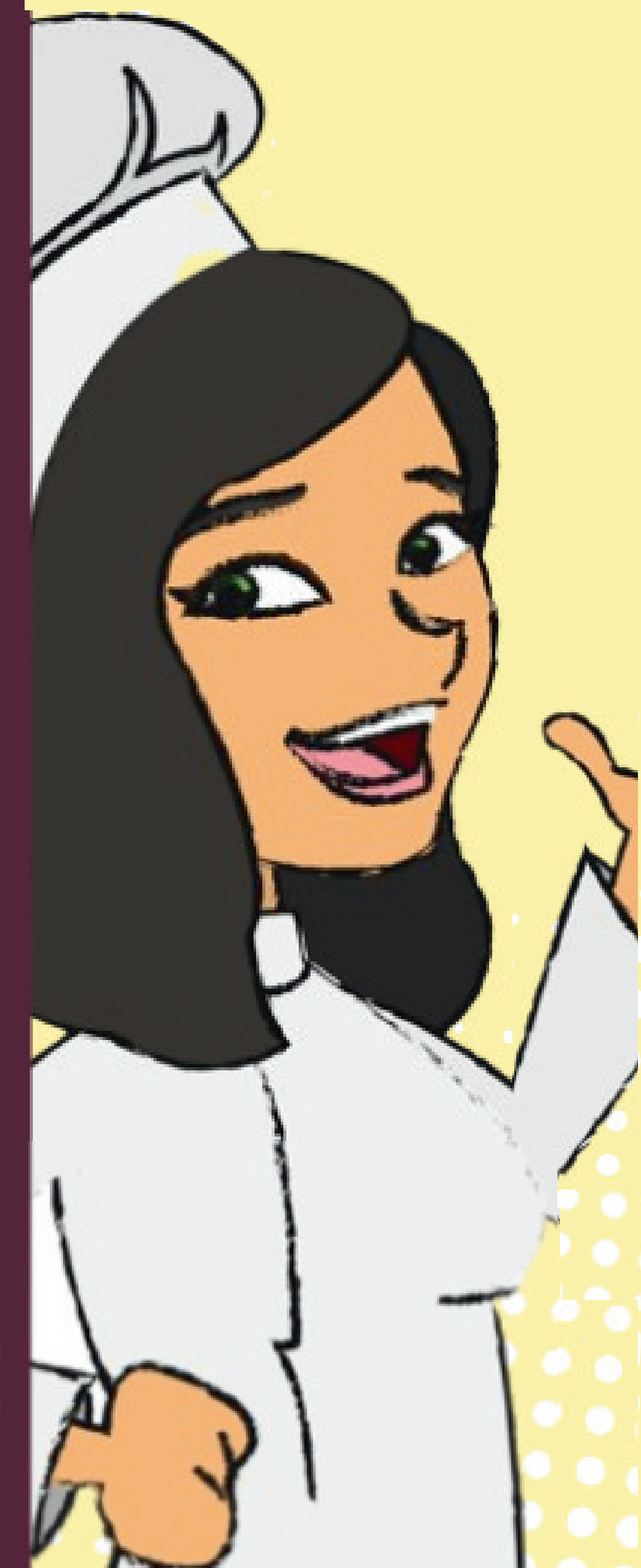
WEEK 2 MENU





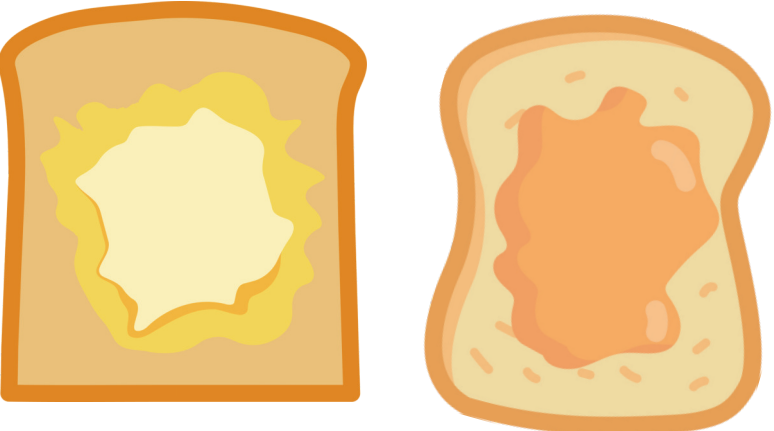






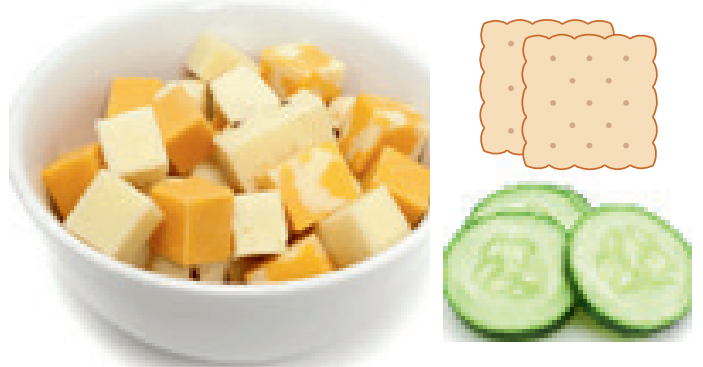





	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Cereal with milk + Fresh Fruit</p> 	<p>Cream Cheese on Toast + Fresh Fruit</p> 	<p>Wow Butter with Bananas on Toast</p> 	<p>Fruit Yogurt & Oatmeal + Fresh Fruit</p> 	<p>Breakfast Quesadilla + Fresh Fruit</p> 
Lunch	<p>Pasta with ground beef & tomato sauce + Veggies</p> 	<p>Fried rice with eggs & veggies</p> 	<p>Roasted potatoes with chicken & gravy + Veggies</p> 	<p>Fish Sticks + Veggies</p> 	<p>Chicken and Veggie Orzo soup + Toast</p> 
Snack 3:30 pm	<p>Cheese strings + Cucumber</p> 	<p>Assorted Fresh cut veggies + Ritz cheese bits</p> 	<p>Apple Sauce + Crackers</p> 	<p>Cheese cubes and Melba toast + Veggie</p> 	<p>Rice Crackers + Fruit</p> 

- Fruits e.g.: Bananas/ Apples/ Oranges/ Pears.
- Vegetables e.g.: Tomatoes/ Cucumbers/Broccoli/ Cauliflower/ Peppers (sweet)/ Peas/ Corn/ Lettuce.
- Homo milk is served with every meal to infant and toddlers / 2% Milk for preschoolers.
- The second snack will be served at 5 pm. It will consist of Goldfish/ Biscuits/ Rice Crackers/ Cereal/ Fresh Fruits.

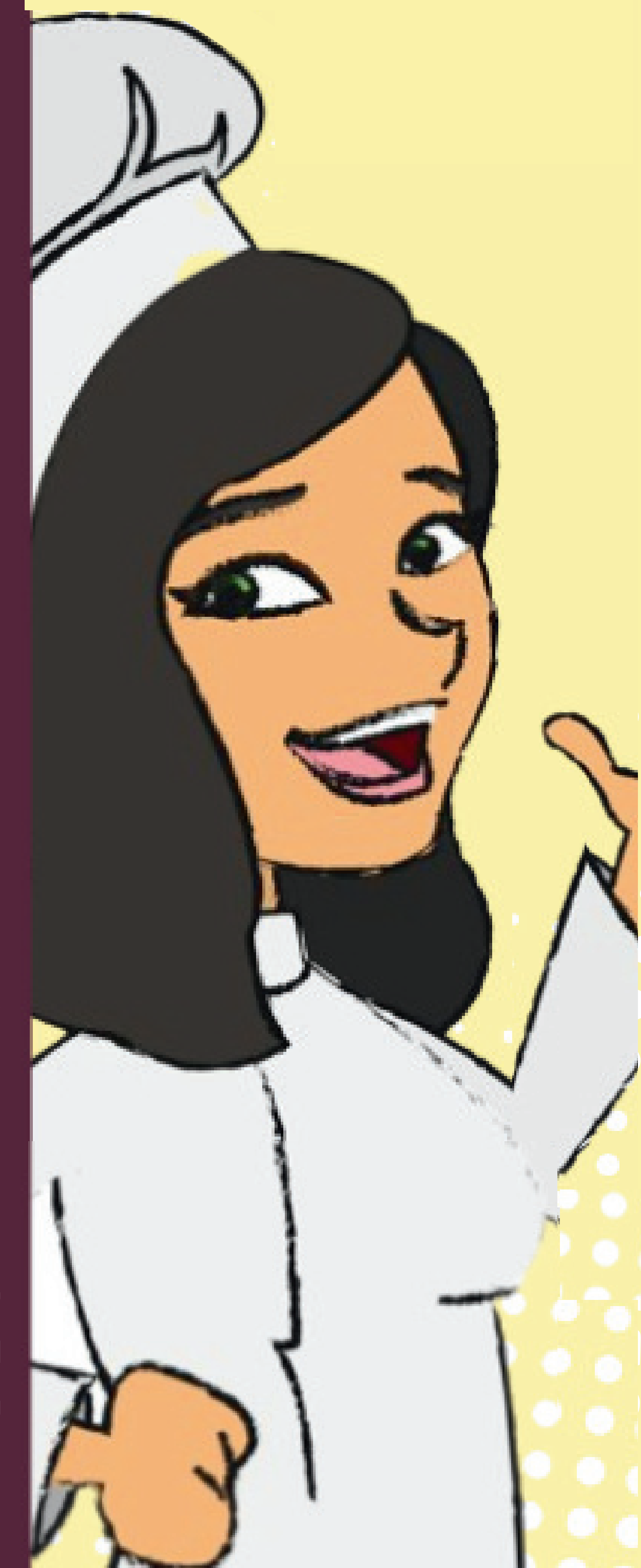
WEEK 3 MENU


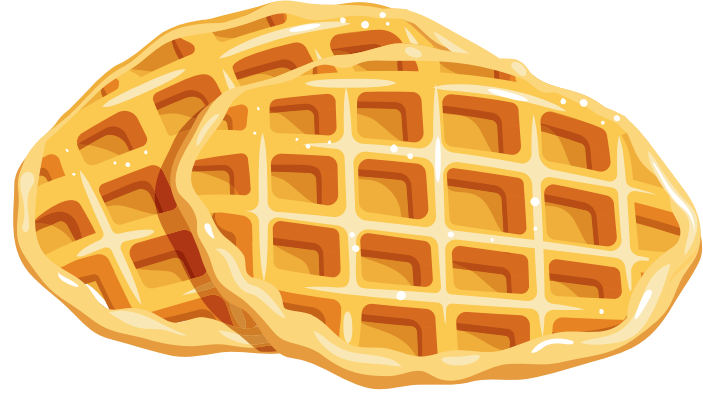










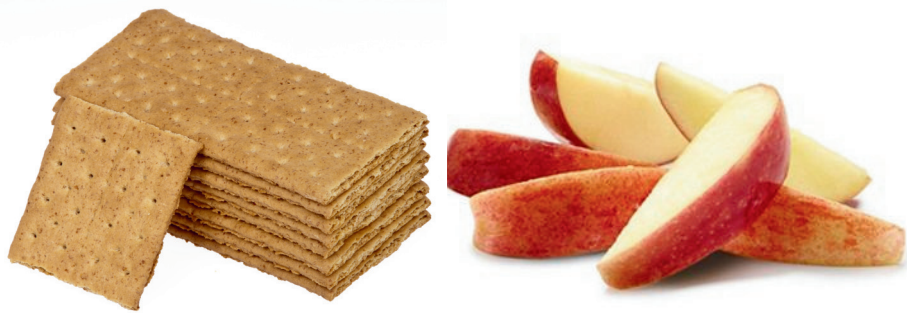




	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Rice cake with cream cheese and tomato slices</p> 	<p>Cereal with milk + Fresh Fruit</p> 	<p>Fruit Yogurt & Oatmeal + Fresh Fruit</p> 	<p>Omelette in a Whole Wheat Toast + Fresh Fruit</p> 	<p>Wow Butter/ Cheese on Toast + Fresh Fruit</p> 
Lunch	<p>Pizza + Cucumber Slices</p> 	<p>Chicken Fajita Wrap + Veggies</p> 	<p>Orzo with Beef Stew and veggies</p> 	<p>Lentils/Red bean with rice and tomato sauce + Veggies</p> 	<p>Chicken soup with bread bun + Veggies</p> 
Snack 3:30 pm	<p>Hummus & Crackers</p> 	<p>Crackers+ Cheese cubes + cucumber slices</p> 	<p>Hash Brown + Veggie</p> 	<p>Chef's Vanilla Cake</p> 	<p>String Cheese + Crackers</p> 

- Fruits e.g.: Bananas/ Apples/ Oranges/ Pears.
- Vegetables e.g.: Tomatoes/ Cucumbers/Broccoli/ Cauliflower/ Peppers (sweet)/ Peas/ Corn/ Lettuce.
- Homo milk is served with every meal to infant and toddlers / 2% Milk for preschoolers.
- The second snack will be served at 5 pm. It will consist of Goldfish/ Biscuits/ Rice Crackers/ Cereal/ Fresh Fruits.

WEEK 4 MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Toast crunch cereal with Milk + Fresh Fruit</p> 	<p>Waffles + Fresh Fruit</p> 	<p>Scrambled eggs in a Wrap + Fresh Fruit</p> 	<p>Fruit Yogurt & Oatmeal + Fresh Fruit</p> 	<p>Cream cheese and tomato toast bites + Fresh Fruit</p> 
Lunch	<p>Pizza + Cucumber Slices</p> 	<p>Chicken nuggets with Potato Wedges + Veggies</p> 	<p>Chicken Wrap + Veggies</p> 	<p>Pasta with meatballs and tomato sauce + Veggies</p> 	<p>Orzo Vegetable Soup + Toast</p> 
Snack 3:30 pm	<p>Corn Tortilla Chips & Hummus</p> 	<p>Hash brown + Fruit</p> 	<p>Graham crackers + Apple slices</p> 	<p>Yogurt + Fresh Fruit</p> 	<p>Crackers + Cheese & cucumber slices</p> 

- Fruits e.g.: Bananas/ Apples/ Oranges/ Pears.
- Vegetables e.g.: Tomatoes/ Cucumbers/Broccoli/ Cauliflower/ Peppers (sweet)/ Peas/ Corn/ Lettuce.
- Homo milk is served with every meal to infant and toddlers / 2% Milk for preschoolers.
- The second snack will be served at 5 pm. It will consist of Goldfish/ Biscuits/ Rice Crackers/ Cereal/ Fresh Fruits.