

Week of Week 2

Meal Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<i>Whole Grain Product/Protein</i>	Regular Diet: Toast Cream cheese Apple slices Milk	Regular Diet: Cereals Pears Milk	Regular Diet: Bagels Cream cheese Apple slices Milk	Regular Diet: Pancake (Homemade, whole wheat) Apple slices Milk	Regular Diet: Oatmeal Apple slices Milk
	<i>fruit/Vegetable</i>	Dairy Free Diet: Toast Nut Butter Apple slices Soya Milk	Dairy Free Diet: Cereals Pears Soya Milk	Dairy Free Diet: Toast Nut Butter Apple slices Soya milk	Dairy Free Diet: Pancake (Egg Free, Dairy Free) Apple slices Soya Milk	Dairy Free Diet: Oatmeal Apple slices Soya Milk
Lunch	<i>Whole Grain Product</i>	Regular Diet: Macaroni & Chicken with mushrooms, cheese and white sauce Water Melon	Regular and Dairy Free Diet: Meat Stew with tomato sauce & vegetables (Carrots, corn, peas)	Regular & Dairy Free Diet: Red beans/chick pea soup Bread Toast & Margarine	Regular & Dairy Free Diet: Meat Spaghetti with red tomato sauce Pears	Regular & Dairy Free Diet: Fish (Baked) Brown Rice
	<i>fruit/Vegetable</i>	Dairy Free Diet: Macaroni (Plain) Chicken Melon Water	Rice (Black & whole grain) Oranges	Water	Water	Steamed Vegetables
	<i>Protein</i>					Oranges
	<i>Milk or Water served.</i>		Water			Water
PM	<i>Whole Grain Product/Protein</i>	Regular & Dairy Free Diet: Muffins (Eggs Free, Dairy Free)	Regular and Dairy Free Diet: Toast	Regular and Dairy Free Diet: Bananas	Regular and Dairy Free Diet: Muffins (Egg Free, Dairy Free)	Regular and Dairy Free Diet: Banana Bread (Egg Free, Dairy Free)
	<i>fruit/Vegetable</i>	Oranges	Nut Butter	Crackers	Oranges	Pears
	<i>Milk or Water served</i>	Water	Broccoli/ Carrots	Water	Water	
			Water			

SNACKS: *offer vegetables or fruit at each snack. Add a protein, a whole grain or both *Serve snacks with water or milk to drink.

LUNCH: *1/2 of the meal as vegetables and fruits *1/4 of the meal as protein foods *1/4 of the meal as whole grain foods *offer water or milk to drink

Updated February 2023