

Week of Week 3

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 (Whole wheat) Apple slices Milk	Regular Diet: Oatmeal Apple slices Milk	Regular Diet: Pancake (Homemade, whole wheat) Apple slices Milk	Regular Diet: Bagels Cream cheese Apples Milk
	<i>fruit/Vegetable</i> <i>Milk or Water served.</i>	Dairy Free Diet: Toast Nut Butter Soya Milk Apples	Dairy Free Diet: Cereals (Whole wheat) Soya Milk Pears	Dairy Free Diet: Oatmeal Soya milk Apple slices	Dairy Free Diet: Pancake (Homemade Egg Free, Milk Free) Soya Milk Apple	Dairy Free Diet: Toast Nut Butter Soya milk Apples
Lunch	<i>Whole Grain Product</i>	Regular Diet: Whole wheat Chicken Pizza (Homemade with peppers, mushrooms, tomatoes, cheese) Oranges Milk	Regular and Dairy Free Diet: Macaroni with beef & tomato sauce Water Pears	Regular & Dairy Free Diet: Lentils soup with vegetables (Potatoes, swiss chard, onions) Bread and plant based margarine Oranges Water	Regular & Dairy Free Diet: Meat Stew with tomato sauce & vegetables (Carrots, corn, peas) Rice (Black & whole grain) Water Oranges	Regular & Dairy Free Diet: Fish (Baked) Brown Rice Steamed Vegetables (Carrots, corn, beans) Water pears
	<i>fruit/Vegetable</i>					
	<i>Protein</i> <i>Milk or Water served.</i>	Dairy Free Diet: Meat Pie (Meat, onions, tomatoes) Oranges Soya Milk				
PM	<i>Whole Grain Product/Protein</i>	Regular & Dairy Free Diet: Banana Bread (Homemade Egg and Dairy Free)	Regular and Dairy Free Diet: Muffins Oranges Water	Regular Diet: Pita (whole grain) Hummus (homemade) Cucumber, carrots Water Dairy Free Diet: Toast Hummus (homemade) Cucumber, carrots Water	Regular and Dairy Free Diet: Muffins (No eggs, no milk) Peaches Compote (No sugar added) Water	Regular and Dairy Free Diet: Fruit popsicles (Homemade- berries and bananas) Cereals Water
	<i>fruit/Vegetable</i>					
	<i>Milk or Water served</i>					

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