

Week of Week 4

Meal Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<i>Whole Grain Product/Protein</i>	Regular Diet: Pancake (Homemade, whole wheat) Apple slices Milk	Regular Diet: Cereals (Whole wheat) Apple slices Milk	Regular Diet: Oatmeal Apple slices Milk	Regular Diet: Toast Cream cheese Apple slices Milk	Regular Diet: Bagels Cream cheese Apple slices Milk
	<i>fruit/Vegetable</i> <i>Milk or Water served.</i>	Dairy Free Diet: Pancake (Homemade Egg Free, Dairy Free) Soya Milk Apple slices	Dairy Free Diet: Cereals (Whole wheat) Soya Milk Pears	Dairy Free Diet: Oatmeal Soya milk Apple slices	Dairy Free Diet: Toast Nut Butter Soya Milk Apple slices	Dairy Free Diet: Toast Nut Butter Soya milk Apple slices
Lunch	<i>Whole Grain Product</i>	Regular Diet: White beans in tomato sauce	Regular Diet: Mashed Potatoes Chicken (Backed) Steamed vegetables (Carrots, corn, peas) Oranges Water	Regular & Dairy Free Diet: Mixed of lentils and rice with grated onions Lettuce & tomatoes	Regular & Dairy Free Diet: Fish (Backed) Brown Rice Steamed Vegetables (Carrots, corn, beans)	Regular & Dairy Free Diet: Hamburger (Turkey-Homemade) Cucumber & tomatoes Oranges
	<i>fruit/Vegetable</i>	Rice (Black and brown rice)		Oranges	Water	Water
	<i>Protein</i> <i>Milk or Water served.</i>	Oranges Water	Dairy Free Diet: Boiled Potatoes Chicken Steamed vegetables (Carrots, corn, peas) Oranges Water	Water	pears	
PM	<i>Whole Grain Product/Protein</i>	Regular & Dairy Free Diet:	Regular and Dairy Free Diet:	Regular and Dairy Free Diet:	Regular and Dairy Free Diet:	Regular Diet: Fruit yogurt (no sugar added) Cereals (Whole grain) Broccoli/Carrots Water
	<i>fruit/Vegetable</i> <i>Milk or Water served</i>	Banana Bread (Homemade Egg Free, Dairy Free)	Muffins (Egg Free, Dairy Free) Oranges Water	Toast Nut Butter Broccoli/ Carrots Water	Muffins (No eggs, no milk) Peaches Compote (No sugar added) Water	Dairy Free Diet: Toast Nut Butter Broccoli/ Carrots 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