

SAMPLE - MENU

Our food is prepared fresh on premises, using only **filtered water, whole grains** and **whole wheat breads** with **no trans fats** (or hydrogenated oils).

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>Breakfast</u>		
Cereal + Fruit + Milk	Hot Cereal + Raisins + Milk	Cereal + Fruit + Milk	Hot Cereal + Raisins + Milk	Fruit Yogurt + Rice Cakes
		<u>Lunch</u>		
Barley Veg. Soup + Salmon Whole Wheat Sandwiches + Fresh Fruit	Buckwheat (Kasha) + Cheese Wedges +Steamed Veggies + Milk + Fresh Fruit	Lentil & Veggie Soup + Whole Wheat Grilled Cheese Sandwiches + Fresh Fruit	Omelet + Couscus + Sweet Corn + Fresh Fruit + Milk	Fish & Mashed Potatoes + Cucumbers + Fresh Fruit
		<u>P.M. Snack</u>		
½ Boiled Egg Crackers + Milk	Fresh Fruit + Rice Cracker	Rice Cakes + Cream Cheese	Apple Sause + Crackers	Oatmeal Cookies +Milk