

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). All our soups are made daily from scratch.

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>Breakfast</u>		
Cereal + Pear + Milk	Hot Oatmeal + Apple + Milk	Cereal + Banana + Milk	Hot Oatmeal + Orange + Milk	Yogurt + Apple + Rice Cakes
		<u>Lunch</u>		
Barley Veg. Soup (barley, cabbage, potatoes, onion, carrots, broccoli, cauliflower, celery, dill, parsley) + Humus & Whole wheat Pita Bread + Apples	Whole Grain Kasha + Chick Peas + Steamed Veggies (cauliflower, carrots, peas, broccoli) + Milk + Banana	Cauliflower Soup (cauliflower, potatoes, onion, carrots, tomatoes broccoli, celery, dill, parsley) + Plain yogurt + Salmon Whole Wheat Sandwich + Orange	Veggie and Bean Chile + Rice (beans, onion, tomatoes, carrots, broccoli, cauliflower, crushed tomatoes, celery, dill, parsley) + Melon	Fish Sticks + Mashed Potatoes + Whole Wheat Bread + Green Peas + Orange + Milk
		<u>P.M. Snack</u>		
Boiled Egg + Bagels	Cheese + Crackers	Brown Rice Cakes + No Nut Butter	Whole Wheat Pita + Humus	Cookies + Milk

* WATER SERVED WITH EVERY MEAL AND SNACK