

# GLENASHTON SAMPLE MENU: WEEK 1

## MORNING SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice

## LUNCH ( \*= Substitutions)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>Sloppy Joe</b></p> <p>*Ground beef with mix vegetables and a hint of tomato sauce served with a dinner roll Fresh seasonal fruit Milk</p> <p>* Veg Sub: Soy Patti</p>	<p style="text-align: center;"><b>Marvelous Chicken Mac n Cheese</b></p> <p>Elbow pasta in creamy cheese sauce, carrots and chopped chicken pieces served with cucumber slices Fresh seasonal fruits</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;"><b>Soup &amp; Sandwich</b></p> <p>*Chicken noodle soup served with cheddar cheese slices on WW bread served with sliced cucumber Fresh seasonal fruit Milk</p> <p>* Veg Sub: Veggie Soup</p>	<p style="text-align: center;"><b>Spaghetti and meat balls</b></p> <p>Spaghetti and *meatballs in a light tomato sauce served with steamed baby carrots Fresh seasonal fruit Milk</p> <p>* Veg Sub: Soy balls</p>	<p style="text-align: center;"><b>Home Made Pizza with Meat sauce</b></p> <p>Freshly made pizza crust with cheese, *beef meat sauce. Served with carrot sticks Fresh seasonal fruits Milk</p> <p>*Veg Sub: Mushroom</p>

## AFTERNOON SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All natural Yogurt Fresh Seasonal Fruit Water	Cheddar Cheese Cubes with WW Crackers 100% Fruit Juice	Oatmeal Loaf Fresh Seasonal Fruit Water	Freshly made cheese bread Fresh Seasonal Fruit Water	Apple Sauce with WW crackers Water

Lunch Substitutions Vegetarians or no beef, no pork : Brown Beans, Soy patties, Soy nuggets, cheese sandwiches. & Cheese Pizza.  
 Fresh Fruits include: apples, pears, bananas, melon, watermelon, oranges grapes and seasonal fruits  
 Vegetable slices: carrots, green/red or yellow peppers, tomato slices, cucumber slices, Celery slices  
 Milk substitutes: apple sauce, fruit juice, peabutter  
 Single food group serving served for late afternoon pick up.

## GLENASHTON SAMPLE MENU: WEEK 2

### MORNING SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice

### LUNCH (\*= Substitutions)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Asian Style Chicken</b>  *Chicken balls sautéed in a Sweet and sour sauce served with Rice and steamed green peas Fresh seasonal fruit Milk  * Veg Sub: Soy balls	<b>Roasted Chicken Drumstick</b>  *Chicken drumstick with Barbecue sauce served with Buttered Pasta and steamed sweet corn Fresh seasonal fruit Milk  * Veg Sub: Falafels	<b>Beef Stroganoff</b>  *Beef Stroganoff with Pasta served with steamed diced Carrots Fresh seasonal fruit Milk  * Veg Sub: Mixed Vegetables	<b>Hawaiian Pizza</b>  Freshly made pizza dough topped with *diced chicken and pineapple topped with shredded cheese served Cucumber slices Fresh seasonal fruit Milk  * Veg Sub: Mushrooms	<b>Filet o fish</b>  *Baked fish filet served with rice and mixed Vegetables Fresh seasonal fruits Milk  * Veg Sub: Falafels

### AFTERNOON SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutri-grain bar Fresh Seasonal Fruit Water	Fresh Bake Loafs (Blackberry or Oatmeal) 100% Fruit Juice	Bread twist and Apple slices Water	Cheese cubes with WW Crackers Fresh Seasonal Fruit Water	Hummus and pita wedges 100% Fruit Juice

Lunch Substitutions Vegetarians or no beef, no pork. : Brown Beans, Soy patties, Soy nuggets, cheese sandwiches. & Cheese Pizza.

Fresh Fruits include: apples, pears, bananas, melon, watermelon, grapes and seasonal fruits

Vegetable slices: carrots, green/red or yellow peppers, tomato slices, cucumber slices, Celery slices

Milk substitutes: apple sauce, fruit juice, peabutter

Single food group serving served for late afternoon pick up.

## GLENASHTON SAMPLE MENU: WEEK 3

### MORNING SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice

### LUNCH (\* = Substitutions)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>Meat Kabobs</b></p> <p>Mini *Meat balls served with a dinner roll with fresh sweet corn and Fresh seasonal fruits</p> <p style="text-align: center;">Milk</p> <p>* Veg Sub: Falafel chick balls</p>	<p style="text-align: center;"><b>Classic Sheppard Pie</b></p> <p>100% ground *Beef sautéed with veggies and topped with mashed potatoes with Fresh seasonal fruit</p> <p style="text-align: center;">Milk</p> <p>* Veg Sub: Ground soy/chick peas</p>	<p style="text-align: center;"><b>Tuna Casserole</b></p> <p>Rotini pasta in a creamy mushroom sauce with tuna served with mix vegetables Fresh seasonal fruit</p> <p style="text-align: center;">Milk</p> <p>* Veg Sub: Mix Vegetables</p>	<p style="text-align: center;"><b>Chicken Rice Soup</b></p> <p>Chicken rice Soup served with cheddar cheese sandwich on whole wheat bread and steamed carrots Fresh seasonal fruit</p> <p style="text-align: center;">Milk</p> <p>* Veg Sub: Vegetable soup</p>	<p style="text-align: center;"><b>Child Favourite Pizza Casserole</b></p> <p>Penne pasta with lean *ground beef, with pizza sauce, served with cucumber slices Fresh seasonal fruit</p> <p style="text-align: center;">Milk</p> <p>* Veg Sub: Ground soy</p>

### AFTERNOON SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Natural Yogurt Fresh Seasonal Fruit Water	Apple Sauce with WW crackers Water	Baked Oatmeal Loaf Fresh Seasonal Fruits Water	Healthylicious Granola bars 100% Fruit Juice	Cheese cubes with WW Crackers Fresh Seasonal Fruit Water

Lunch Substitutions Vegetarians or no beef, no pork. : Brown Beans, Soy patties, Soy nuggets, cheese sandwiches. & Cheese Pizza.

Fresh Fruits include: apples, pears, bananas, melon, watermelon, grapes and seasonal fruits

Vegetable slices: carrots, green/red or yellow peppers, tomato slices, cucumber slices, Celery slices

Milk substitutes: apple sauce, fruit juice, peabutter

Single food group serving served for late afternoon pick up.

**GLENASHTON SAMPLE MENU: WEEK 4**

**MORNING SNACK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice	Whole Wheat Cereal Milk 100% Fruit Juice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Tuna Melts</b></p> <p>*Tuna and cheese mixture baked on whole wheat bun served with cucumber slices Fresh seasonal fruit Milk</p> <p>* Veg Sub: Cheese</p>	<p align="center"><b>Tandoori Chicken with Rice</b></p> <p>Tandoori *Chicken with Indian spices, rice and steamed carrots, served with Fresh seasonal fruit Milk</p> <p>* Veg Sub: Soy balls</p>	<p align="center"><b>Hamburger Fun!</b></p> <p>100% *Beef patties on a whole wheat bun with ketchup served corn Fresh seasonal fruit Milk</p> <p>* Veg Sub: Veggie patty</p>	<p align="center"><b>Beef Taco</b></p> <p>Lean ground *beef, (cheddar cheese, whole grain wrap, peas and corn) Fresh seasonal fruit, Milk</p> <p>* Veg Sub: Ground soy/chick peas</p>	<p align="center"><b>Baked Lasagna</b></p> <p>Penne pasta cooked with tomato, cheese and *beef sauce served with steamed baby carrots Fresh seasonal fruit Milk</p> <p>* Veg Sub: Falafels</p>

**LUNCH (\*= Substitutions)**

**AFTERNOON SNACK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
English Muffins with wow butter Fresh Seasonal Fruits Water	Zucchini Oatmeal loaf Fresh Seasonal Fruits Water	Banana sushi roll Water	Cheddar Cheese Cubes with WW Crackers Water	All natural yogurt Fresh seasonal fruit Water

Lunch Substitutions Vegetarians or no beef, no pork. : Brown Beans, Soy patties, Soy nuggets, cheese sandwiches. & Cheese Pizza.

Fresh Fruits include: apples, pears, bananas, melon, watermelon, grapes and seasonal fruits

Vegetable slices: carrots, green/red or yellow peppers, tomato slices, cucumber slices, Celery slices

Milk substitutes: apple sauce, fruit juice, peabutter

Single food group serving served for late afternoon pick up.