



MENU WEEK 4

MENU DU DEUXIEME SEMAINE

Each room will have a fresh fruit basket available at snack time

	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MECREDI	THURSDAY JEUDI	FRIDAY VENDREDI
MORNING SNACK	CEREAL MULTI GRAIN CHEERIOS MILK WATER	OATMEAL MIXED BERRIES WATER	PEARS BREAKFAST BAR MILK	FROZEN YOGURT TUBES DIGESTIVE COOKIES WATER	WHOLE WHEAT TOAST JAM WOW BUTTER MILK
LUNCH	VEGGIE TACO SOUP RED KIDNEY BEANS RED, GREEN PEPPERS CARROTS CELERY CORN WHOLE WHEAT CRACKERS SEASONAL FRUIT MILK	HAM AND CHEESE SANDWICH ON WHOLE WHEAT MINI FRENCH ROLL CUCUMBER SLICES SEASONAL FRUIT MILK	BEEF TACO WHOLE HEAT RICE CORN PEAS SEASONAL FRUIT MILK	BBQ CHICKEN PIZZA CARROT AND CELERY STICKS SEASONAL FRUIT MILK	SPINACH SCRAMBLED EGGS TURKEY SAUSAGE ½ SLICE WHOLE WHEAT BREAD SEASONAL FRUIT ORANGE SLICES MILK
AFTERNOON SNACK	APPLES <u>RM 1,2,3,4,6,7,8</u> MELBA TOAST <u>RM 5</u> WHOLE WHEAT TOAST MILK	ORANGE ☺SMILES☺ RICE CAKES MILK	CHEESE WHOLE WEHAT CRACKERS WATER	BANANA ARROWROOT COOKIES MILK	BAKED GOOD _____ MILK