



# LUNCH MENU

## WEEK 1

- MON** Grilled Cheese on Whole Wheat w/ Warm Couscous Salad
- TUE** Garden Veg Minestrone Soup w/ Herb & Garlic Bisquit
- WED** Chili Bean Medley & Garden Veggies. Served w/ Cornbread
- THU** Tumeric Coconut Chicken Fried Rice
- FRI** Loaded Cheeseburger Macaroni & Cheese

## WEEK 2

- MON** Sweet & Sour Meatballs w/ Long Grain Rice
- TUE** Fish Sticks, Garden Veg, Dill Dip and Mashed Potatoes
- WED** Tomato & Red Lentil Sloppy Joes w/ Fresh Slider Bun
- THU** Vegetarian One-Pot Lasagna
- FRI** Chicken & Sweet Potato Carrot Bites

## WEEK 3

- MON** Macaroni w/ Homemade Cauliflower sauce
- TUE** Tomato Coconut Cream Soup w/ Whole Wheat Ham Sandwich
- WED** Pineapple Chicken w/ Long Grain Rice
- THU** Shepherd Pie w. Green Lentils and Garlic Mashed Potato
- FRI** Taco Casserole w/ Long Grain Rice, Tomato & Corn + Side of Tortilla Chips

## WEEK 4

- MON** Crispy Chicken Tenders, Veggies & Mashed Potato
- TUE** Spaghetti & Meat Sauce with Veggies
- WED** Cabbage Roll Casserole
- THU** Vegetarian Quiche
- FRI** Cheese & Ham Hash Brown Bake

\*\* All morning and afternoon snacks are either baked fresh or prepared in house daily by Chef Lauran. Educators will update families each day via Hi-Mamma