



**santé pour
apporter**
Votre traiteur bio

Week 1						
Menu		Monday	Tuesday	Wednesday	Thursday	Friday
Snack		Bananas	Apples	Grapes	Oranges	Cantaloupe
L U N C H	Meal	Traditional spaghetti and meatballs	Turbot fillets with dill sauce and vegetable quinoa	Lentil and beef hamburgers served with coleslaw	Coconut curry chicken and vegetables served on brown rice	Cheddar kale quiche served with tomato salad
	Vegetarian alternative	Traditional spaghetti and lentil meatballs	Turbot fillets with dill sauce and vegetable quinoa	Lentil hamburgers served with coleslaw	Coconut curry chicken and vegetables served on brown rice	Cheddar kale quiche served with tomato salad
	Dessert	Watermelon	Oatmeal raisin cookies	Pineapple	Mango sauce	Fruit Salad
Snack		Sugar free blueberry muffins	Crudités and spinach dip	Date squares	Cheese cubes and crackers	Zucchini loaf
Beverage		Milk	Milk	Milk	Milk	Milk

Week 2						
Menu		Monday	Tuesday	Wednesday	Thursday	Friday
Snack		Bananas	Grapes	Apples	Peaches	Honeydew melon
L U N C H	Meal	Basil pesto fusilli with ricotta cheese and vegetables	Ginger teriyaki beef served on vegetable quinoa	Oven roasted chicken served with vegetable rice and honey mustard sauce	Vegetarian chili served with homemade cornbread	Roasted fish with orange cranberry couscous salad
	Vegetarian alternative	Basil pesto fusilli with ricotta cheese and vegetables	Ginger teriyaki lentils served on vegetable quinoa	Oven roasted tofu served with vegetable rice and honey mustard sauce	Vegetarian chili served with homemade cornbread	Roasted fish with orange cranberry couscous salad
	Dessert	Pineapple	Soybutter cookies	Watermelon	Apple pear sauce	Fruit Salad
Snack		Sugar free carrot muffins	Vanilla yogurt served with homemade granola	Mixed berry smoothie	Homemade hummus and baked pita chips	Sugar free black bean brownies
Beverage		Milk	Milk	Milk	Milk	Milk