

WEEK 7	Breakfast	Lunch	Supper	Snack(s) Afternoon Bedtime
SUN			Spaghetti Meat Sauce Garlic Bread Garden Salad	Fruit
MON	Egg & Sausage McMuffin Hashbrown Jam & Butter	Pulled Pork Coleslaw	Pizza Caesar Salad	Popsicle Fruit
TUES	Cold Cereal & Milk Oatmeal Muffins Fruit	Pizza Bake Garlic Bread Veggie Tray	Szechuan Fried Pork Rice Steamed Veg	Cookies Fruit
WED	Pancake Sausage Berry sauce Whip cream	BBQ Chicken Potato salad Vegetable Tray Bread	Shawarma Rice Garlic Sauce Oven Roasted Carrots	Freezies Fruit
THURS	Yogurt Granola Boiled Egg Baked Granola Bar Oatmeal	Macaroni N Cheese Garden Salad Bread	Roast Chicken Scalloped Potato Steamed Veg	Cookies Fruit
FRI	Scrambled Eggs Bacon Hashbrowns Bread	Nachos – nachos chips, ground beef, lettuce, cheese, green onion, sour cream, salsa	BBQ – hotdogs, carrot sticks, chips	