



# FRESH MEALS

Spring/Summer

**First Flights**  
Early Learning Centre

WEEK 2

**Breakfast**

**Lunch**

**Snack 1**

**Snack 2**

***Veggie  
Lunch***

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack 1</b>	<b>Snack 2</b>	<b><i>Veggie Lunch</i></b>
<b>Monday</b> 	Cereal w/ Milk Fresh Fruit Milk	Spaghetti Beef Bolognese Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Whole Wheat Crackers Water	Spaghetti Bolognese Cooked Vegetables Milk
<b>Tuesday</b> 	Boiled Eggs Buttered Toast Milk	Deli Meat, Vegetable & Cheese Sandwich Chefs Choice Salad Milk	Cheese Whole Wheat Crackers Water	Apple Sauce Granola Bar Water	Vegetable & Cheese Sandwich Chefs Choice Salad Milk
<b>Wednesday</b> 	French Toast Yogurt Milk	Pineapple Chicken & Assorted Vegetables Rice & WW Bread Milk	Graham Crackers or Rice Cakes Applesauce Water	Fruit Cup WW Crackers Water	Assorted Vegetables Rice & WW Bread Milk
<b>Thursday</b> 	Oatmeal Fresh Fruit Milk	Chicken Noodle Casserole Vegetables Milk	Pretzels Veggies & Dip Water	Fruit Sauce Baked Muffins Water	Cheese Noodle Casserole Vegetables Milk
<b>Friday</b> 	WW Pancakes Fresh Fruit Milk	Homemade Chicken Fingers Baked Fries & Cooked Vegetables Milk	Fruit Vegetable Loaf or Muffins Water	Cheese Whole Wheat Crackers Water	Baked Fries Cooked Vegetables Milk