



# London Bridge Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel Fruit Water	Fruit Muffin Fruit Milk	Plain Yoghurt with Berries Homemade Granola Water	Oatmeal Fruit Milk	Fruit Salad English Muffins Milk
Lunch	Chicken Vegetables Rice Fruit Milk	Bean & Vegetable Stew Rolls Fruit Milk	Fish Whole Grain Side Dish Vegetable Fruit Milk	Lentil or Beef Lasagna Garlic Bread Garden Salad Fruit Milk	Tofu & Vegetable Stir Fry Rice or Noodles Fruit Milk
PM Snack	Veggie Sticks with dip Pita Milk	Fruit Crackers Water	Unsweetened Apple Sauce Toasted Tortillas Milk	Cucumber Cheese Crackers Water	Fruit or Vegetable Loaf Fruit Water
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast Fruit Milk	Hot Oatmeal Baked Cinnamon Ap- ple Milk	Plain Yoghurt with Mixed Berries Homemade Granola Water	English Muffin Banana Milk	Fruit Muffin Fruit Milk
Lunch	Beef & Bean Chili with Vegeta- bles Rice or Bread Fruit Milk	Fish Baked Rice with Vege- tables Fruit Milk	Chicken Pasta with Vegeta- bles Whole Wheat Garlic Bread Fruit Milk	Vegetable & Bean Noodle Soup Soda Crackers Fruit Milk	Chicken Pizza with Vegeta- bles Garden Salad Fruit Salad Milk
PM Snack	Cucumber Tea Sandwich Herbed Cheese Ball Crackers Water	Cheese Cubes Fruit Flatbread Water	Vegetable Loaf Fruit Milk	Cereal Trail Mix Fruit Water	Veggie Sticks with Hummus Pita Water
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagels Fruit Milk	Cereal Fruit Milk	Plain Yoghurt Fruit Homemade Granola Water	Toast Eggs Fruit Milk	Fruit & Vegetable Muffin Fruit Milk
Lunch	Frittata with Vegetables Pita Salad Fruit Milk	Pasta with Meat Sauce Whole Wheat Garlic Bread Caesar Salad Fruit Milk	Fish Grain Side Dish Vegetable Fruit Milk	Bean Stir fry with Vegeta- bles Rice Fruit Milk	Fish Grain Vegetables Fruit Milk
PM Snack	Veggie Sticks with Hummus Pita Water	Mixed Berry Loaf Fruit Water	Oatmeal Cookies Unsweetened Apple Sauce Milk	Cheese Crackers Fruit Water	Flatbread Fruit Water
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit & Yoghurt Smoothie Crackers Water	Toast Fruit Milk	Plain Yoghurt Fruit Water	Fruit Muffin Fruit Milk	Cereal Fruit Milk
Lunch	Meat & Bean Tacos Tortillas Salad Fruit Milk	Chicken Whole Grain Side Dish Vegetable Fruit Milk	Pasta with Meat Sauce Salad Fruit Milk	Veggie & Bean Soup Bread Fruit Milk	Fish Whole Grain Side Dish Vegetables Fruit Milk
PM Snack	Cheese Cracker Fruit Milk	Homemade Cookie or Baked Loaf Fruit Water	Veggies with Homemade Bean Dip Baked Tortilla's Milk	Bagel Slices Fruit Water	Homemade Granola Bars Fruit Water

### About the food & beverages we offer:

- Whole grains are used when possible
- Fresh fruit is served when available
- Food is homemade when possible
- Water is available to drink at all times

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Toast Fruit Water	Oatmeal Fruit Milk	Plain Yoghurt Parfait with Berries and Granola or Yoghurt & Fruit Smoothie Crackers Water	Fruit Muffins or Loaf Fruit Milk	Toast Eggs Fruit Milk
Lunch	Bean & Rice Pilaf Spinach Salad Fruit Milk	Baked Chicken Roasted or Mashed Potatoes Rolls Vegetables Fruit Milk	Fish Rice Vegetable Fruit Milk	Vegetable & Black Bean or Beef Tacos Tortillas Salad Fruit Milk	Vegetable Soup Grilled Cheese Veggie Sticks with Hummus Fruit Milk
PM Snack	Cereal Trail Mix Fruit Milk	Pita Fruit Water	Veggie Sticks and Dip Flatbread Milk	Cheese Crackers Fruit Water	Homemade Oatmeal Cookies Fruit Water
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal Fruit Milk	English Muffin Fruit Milk	Toast Fruit Milk	Plain Yoghurt with Granola Fruit Water	Hot Oatmeal Fruit Milk
Lunch	Bean & Vegetable Soup Dinner Roll Fruit Milk	Fish Rice Vegetable Fruit Milk	Beef Stew with Vegetables Tea Biscuits Fruit Milk	Fish Casserole with Vegetables Dinner Roll Fruit Milk	Chicken Pasta with Vegetables Garlic Bread Fruit Milk
PM Snack	Flatbread Fruit Water	Cheese Ball Crackers Fruit Water	Veggie Sticks Bean Dip Pita Water	Fruit Loaf Fruit Milk	Crackers Fruit water
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Bagel with Homemade Chia Jam Fruit Milk	Hot Oatmeal Fruit Milk	Fruit Muffin Fruit Water	Cereal Fruit Milk	Toast Eggs Fruit Milk
Lunch	Beef Pasta Bake Salad Fruit Milk	Vegetarian Pizza Veggies and Bean Dip Fruit Milk	Poultry & Rice Soup with Vegetables Dinner Roll Fruit Milk	Vegetarian Frittata Pita Vegetable Fruit Milk	Fish Grain Side Dish Vegetables Fruit Milk
PM Snack	Crackers Cheese Fruit Water	Pita Fruit Salad Water	Crackers Fruit Milk	Fruit or Vegetable Loaf Fruit Water	Flatbread Fruit Water
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	English Muffins Fruit Milk	Oatmeal or Cereal Fruit Milk	Plain Yoghurt Fruit Water	Whole Grain Muffin Fruit Milk	Toast Fruit Milk
Lunch	Tofu Chili Bread Vegetable Fruit Milk	Egg Dinner Roll Salad Fruit Milk	Veggie & Bean Burger on a Bun Veggie Sticks Fruit Milk	Fish Grain Vegetable Fruit Milk	Chicken Soup with Noodles or Rice and Veggies Breadsticks Fruit Milk
PM Snack	Homemade Granola Bar Fruit Water	Vegetable Loaf Fruit Water	Homemade Cookie Fruit Milk	Fruit Salsa Tortillas Water	Crackers Cheese Fruit Water

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