

Weekly Menu Sample

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 - 8:45 Arrival Almonds, raisins Herb Tea	8:15 - 8:45 Arrival Almonds, raisins Herb Tea	8:15 - 8:45 Arrival Almonds, raisins Herb Tea	8:15 - 8:45 Arrival Almonds, raisins Herb Tea	8:15 - 8:45 Arrival Almonds, raisins Herb Tea
10:30 Rice Porridge	10:30 Oatmeal Porridge	10:30 Bread & Nut Butter	10:30 Millet Porridge	10:30 Quinoa Porridge
12:30 Vegetable Soup served with children's individual lunches	12:30 Vegetable Soup served with children's individual lunches	12:30 Vegetable Soup served with children's individual lunches	12:30 Vegetable Soup served with children's individual lunches	12:30 Vegetable Soup served with children's individual lunches
2:30 Apples & Sunflower Butter Herb Tea	2:30 Oranges & Gluten-free crackers Herb Tea	2:30 Pears & Cashew Butter Herb Tea	2:30 Oranges & Gluten-free crackers Herb Tea	2:30 Apples & Sunflower Butter Herb Tea
Veggies & Hummus as needed	Veggies & Hummus as needed	Veggies & Hummus as needed	Veggies & Hummus as needed	Veggies & Hummus as needed