



January 21st - 25th, 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|---|--|---|-------------------------------------|---|
| BREAKFAST | Cinnamon raisin oatmeal | Scrambled eggs Breakfast potatoes Toast | Ham and cheese sliders Winter fruit salad | Cheesy grits Cider poached pears | Scrambled eggs with veggies Toast |
| LUNCH | Teriyaki burger* with slow cooked onions and pineapple Roasted sweet potatoes* | Chicken parmesan with spinach and spaghetti Green beans | Oven fried cod with lemon tarter Wild rice and veggies Broccoli | Tuna melts Apple slices | Beef* stroganoff with mushrooms Honey glazed carrots |
| AFTERNOON SNACK | Pita with hummus | Cheese cubes and apple slices | Sunbutter and banana tortilla | Cocoa oatmeal bites | Ham and cheese roll ups |

Milk is served with breakfast and lunch
and water is served with afternoon snack.

Elmwood Stock Farm *
Reed Valley Orchard **

