



# Meal Plan 1

## MONDAY

- this week Tender chicken bites with golden turmeric rice, roasted carrots, mini red potatoes, and seasonal fruit—nourishing, balanced, and gently prepared. Served with a choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## TUESDAY

- this week Gently baked cod, tender and flaky, served with turmeric basmati rice, crisp cucumber, naturally sweet peppers, cheese, and seasonal fruit—nourishing, balanced, and gently prepared. Served with a choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## WEDNESDAY

- this week Soft chickpea falafel with Japanese yam, green peas, and cheese, served with semolina pasta and seasonal fruit—balanced, flavourful, and made with non-GMO ingredients. Choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## THURSDAY

- this week Grilled chicken breast served with fragrant turmeric basmati rice, roasted mixed vegetables—featuring a colourful blend of broccoli, carrots, peppers, and mushrooms—and a side of fresh seasonal fruit, with a choice of milk or unsweetened soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## FRIDAY

- this week Pizza Day featuring Pizza Nova, paired with fresh cucumbers, naturally sweet peppers, and seasonal fruit—adding variety and shared enjoyment to the menu. Served with a choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.



# Meal Plan Week 2

## MONDAY

- this week Popcorn chicken raised without antibiotics, served with roasted mini red potatoes, roasted broccoli, and fluffy rice, plus seasonal fruit, with a choice of milk or unsweetened soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## TUESDAY

- this week A nourishing lunch featuring a spinach and egg frittata, crisp fresh pepper sticks, and fragrant turmeric basmati rice, served with seasonal fruit and a choice of milk or unsweetened soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## WEDNESDAY

- this week Sweet potato and black bean patty, served with semolina pasta, roasted Japanese yam, and baked mango—balanced, flavourful, and made with non-GMO ingredients. Choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## THURSDAY

- this week Organic chicken meatballs, served with roasted pineapple, semolina pasta, and organic green peas—balanced, flavourful, and made with high-quality ingredients. Choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.

## FRIDAY

- this week Pizza Day featuring Pizza Nova, paired with fresh cucumbers, naturally sweet peppers, and seasonal fruit—adding variety and shared enjoyment to the menu. Served with a choice of cow's milk or unsweetened organic soy milk.
- Am & Pm Snack Morning snack rotates crackers, cereal, and mix-ins, while the afternoon snack includes apple purée with toast or bagels and a choice of soy butter or cream cheese.