

# WEEKLY MEAL PLANNER

| WEEKDAY   | BREAKFAST                              | LUNCH   | SNACK                                |
|-----------|--|---|--------------------------------------|
| MONDAY    | cereal, bananas, milk                  | soup of the day, whole wheat toast with cream cheese, fruit, milk or water                | yogurt, crackers, milk or water      |
| TUESDAY   | Whole wheat toast, butter or jam, milk | chicken and vegetable stir fry, rice, fruit, milk or water                                | hummus, pita, milk or water          |
| WEDNESDAY | cereal, berries, milk                  | pasta Bolognese (tomato meat sauce), vegetables, fruit, milk or water                     | muffins, fruit slices, milk or water |
| THURSDAY  | whole wheat toast, cream cheese, milk  | grilled tofu, grilled potatoes, mixed vegetables, fruit, milk or water                    | waffles, fruit pure, milk or water   |
| FRIDAY    | homemade pancakes, milk                | mixed sandwiches (cheese, bologna, egg, tuna) veggie sticks, hummus, fruit, milk or water | apple sauce, crackers, milk or water |

# WEEKLY MEAL PLANNER

| WEEKDAY   | BREAKFAST                              | LUNCH  | SNACK  |
|-----------|--|--|--|
| MONDAY    | cereals, bananas, milk                 | soup of the day, whole wheat toast, cream cheese, fruit, milk or water                     | yogurt, crackers, milk or water                    |
| TUESDAY   | whole wheat toast, cream cheese, milk  | baked homemade macaroni and cheese, bean salad, fruit, milk or water                       | avocado dip, vegetable slices, pita, milk or water |
| WEDNESDAY | cereal, berries, milk                  | tofu and vegetable stir fry, rice, fruit, milk or water                                    | muffins, fruit slices, milk or water               |
| THURSDAY  | whole wheat toast, butter or jam, milk | pasta with chicken tomato sauce, mixed vegetables, fruit, milk or water                    | bread pudding, fruit slices, milk or water         |
| FRIDAY    | muffins and milk                       | mixed sandwiches (cheese, bologna, egg, tuna), veggie sticks, hummus, fruit, milk or water | cheese cubes, crackers, milk or water              |