



Emmanuel at Brighton Spring Menu **Week 1**

April 2-5/May 6-10/June 10-14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cheese Slices Pretzels	Rice Rolls Fruit	Mini Pita Egg Salad	Bagels & Cream Cheese Fruit	Trail Mix Fruit
Lunch	Beef Chili	Baked Chicken (with cheese, broccoli, onion, pepper)	Bean and Rice Burrito	Sweet & Sour Meatballs	Chicken Noodle Soup (contains carrots, corn)
Protein	Ground Beef Beans Cheese Milk	Chicken Cheese Milk	Beans Cheese Sour Cream Milk	Beef Milk	Chicken Milk
Grain	Whole Wheat Roll	Pasta	Whole Wheat Wrap Rice	Rice	Noodles Crackers
Fruits and Vegetables	Onion, beans, peppers, tomato (in the Chili) Fresh Fruit	Salad Fresh Fruit	Vegetable Sticks Fresh Fruit	Pepper/Pineapple Cauliflower Fresh Fruit	Vegetable Tray Fresh Fruit
Vegetarian Option	Vegetarian Chili	Tofu Casserole	V	Veggie meatballs	Vegetable Soup with Lentils
Afternoon Snack	Goldfish Crackers Fruit	Boiled Eggs Crackers	Apple Sauce Graham Crackers	Vegetable Tray Bread Sticks Dip	Homemade Banana Loaf or Muffins Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, watermelon, pears, blueberries, apples, bananas, oranges etc. Fresh vegetables will vary depending on the season and may include: peppers, carrots, tomatoes, broccoli, etc. Water is available during all meals. Menu changes will be noted on the menu posted outside the kitchen.				



Emmanuel at Brighton Spring Menu **Week 2**

April 8-12/May 13-17/June 17-21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Yogurt and Berries	Crackers & Wow Butter Fresh Fruit	Cream Cheese Melba Toast Fresh Fruit	Arrowroots Apple Sauce	Raisin Bread with Butter Fresh Fruit
Lunch	Cheese Tortellini in Rose Sauce	Chicken Caesar Pita	Spaghetti with Meat Sauce	Honey Garlic Chicken and Rice	Tomato Soup and Grilled Cheese
Protein	Cheese Milk	Chicken Cheese Milk	Ground Beef Cheese Milk	Chicken Milk	Cheese Milk
Grain	Tortellini	Pita	Noodles	Rice	Crackers Bread
Fruits and Vegetables	Garden Salad Fresh Fruit	Lettuce, Tomatoes Fresh Fruit	Onion and Pepper, (in the tomato, sauce) Salad Fresh Fruit	Cooked Vegetables Fresh Fruit	Vegetable Tray Pickles Fresh Fruit
Vegetarian Option	V	Pita with Veggie Cutlets	Spaghetti Sauce with Lentils	Honey Garlic Tofu with Vegetables	V
Afternoon Snack	Trail Mix Fresh Fruit	Multigrain Nacho Chips & Salsa Vegetables	Rice Rolls Fresh Fruit	Crackers Vegetable Sticks & Dip	Flax Cookies Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, watermelon, pears, blueberries, apples, bananas, oranges etc. Fresh vegetables will vary depending on the season and may include: peppers, carrots, tomatoes, broccoli, etc. Water is available during all meals. Menu changes will be noted on the menu posted outside the kitchen.				



Emmanuel at Brighton Spring Menu **Week 3**

April 15-19/May 21-24/June 24-28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple Slices Graham Wafers	Banana, Wraps & Wow Butter	Bagels & Cream Cheese Fruit	Sliced Pears Cheese Crackers	Naan Bread Hummus Pepper Sticks
Lunch	Potato Ham Casserole Bake	Sweet and Sour Meatballs	Macaroni and Cheese	Pulled Chicken with BBQ Sauce	Cabbage Roll Soup (contains peppers, onion, tomato, cabbage)
Protein	Cheese Milk	Beef Cheese Milk	Cheese Milk	Chicken Milk	Ground Beef Milk
Grain	Potato Garlic Bread	Rice	Pasta	Whole Wheat Roll	Crackers
Fruits and Vegetables	Salad Fresh Fruit	Greek salad (with Feta Cheese, Black Olives, tomato)	Broccoli Stewed tomatoes Fresh Fruit	Cooked Vegetables Fresh Fruit	Cabbage, Tomatoes Vegetable Tray Fresh Fruit
Vegetarian Option	Potato Casserole	Falafel Balls	V	Veggie Cutlet	Vegetable Ground Meat
Afternoon Snack	Sliced Cucumbers Bread Sticks & Dip	Mini Pitas with Cheese Spread Fruit	Vegetable Sticks Crackers	Rice Rolls Fresh Fruit	Carrot Muffins or Loaf Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, watermelon, pears, blueberries, apples, bananas, oranges etc. Fresh vegetables will vary depending on the season and may include: peppers, carrots, tomatoes, broccoli, etc. Water is available during all meals. Menu changes will be noted on the menu posted outside the kitchen.				



Emmanuel at Brighton Summer Menu **Week 4**

April 22-26/May 27-31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Apple Slices Cheddar Cheese	Animal Crackers Fruit	Boiled Eggs Crackers	Tuna Salad Melba Toast	Bagel & Cream Cheese Fruit
Lunch	Vegetarian Chili	Cheesy Hamburger Casserole	Perogies and Ham	Chicken Souvlaki and Rice with Tzatziki Sauce	Broccoli Soup
Protein	Red Beans Sour Cream Cheese Milk	Ground Beef Cheese Milk	Cheese Sour Cream Ham Milk	Chicken Tzatziki Sauce Milk	Cheese Milk
Grain	Whole Wheat Roll	Pasta Bread Sticks	Perogies	Rice	Whole Wheat Roll/Bread Crackers
Fruits and Vegetables	Peppers, Onion, Beans, Carrots, Corn (in the chili) Fresh Fruit	Caesar Salad Fresh Fruit	Cucumber and Tomato Salad with Feta Fresh Fruit	Greek Salad with Feta Fresh Fruit	Vegetable Tray Fresh Fruit
Vegetarian Option	V	Veggie Ground Round	Veggie Sausage	Veggie Nuggets	V
Afternoon Snack	Mini Pita Pepper Sticks	Trail Mix Fruit	Rice Rolls Fruit	Egg Salad Pita	Energy Bars Fresh Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, watermelon, pears, blueberries, apples, bananas, oranges etc. Fresh vegetables will vary depending on the season and may include: peppers, carrots, tomatoes, broccoli, etc. Water is available during all meals. Menu changes will be noted on the menu posted outside the kitchen.				



Emmanuel at Brighton Spring Menu **Week 5**

April 29-May 3/June 3-7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Wow Butter Sandwich Fruit	Trail Mix Fruit	Apple Sauce Graham Crackers	Bagel & Cream Cheese Fresh Fruit	Apple Slices Rice Rolls
Lunch	Coconut Chickpea Curry with Rice	Ginger Beef Noodles	Chicken Alfredo Pasta	Multigrain Fish Rice	Potato Leek Soup (with potatoes, carrots, leeks) Cheese Sandwiches
Protein	Chickpea Milk	Beef Cheese Milk	Chicken Cheese Milk	Fish Milk	Cheese Milk
Grain	Rice	Noodles	Pasta	Rice	Bread Crackers
Fruits and Vegetables	Cooked Vegetable Fresh Fruit	Salad Fresh Fruit	Caesar Salad Fresh Fruit	Broccoli Fresh Fruit	Potato, leeks, & carrots (in soup) Vegetable Tray Fresh Fruit
Vegetarian Option	V	Veggie Ground Round and Noodles	Pasta with Alfredo Sauce	Falafels	V
Afternoon Snack	Vegetable Sticks Bread Sticks & Dip	Tuna Salad Melba toast	Croissant Fruit	Salsa Dip Nacho Chips Cucumber Slices	Lemon Loaf or Muffins Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, watermelon, pears, blueberries, apples, bananas, oranges etc. Fresh vegetables will vary depending on the season and may include: peppers, carrots, tomatoes, broccoli, etc. Water is available during all meals. Menu changes will be noted on the menu posted outside the kitchen.				