

Emmanuel at Brighton Winter Menu **Week 1**



Jan 2-5/ Feb. 5-9/Mar.11-15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Wraps Wow Butter Fruit	English Muffin Butter Pears	Oatmeal Berries Milk	Trail Mix Fruit	Bagels Cream cheese Fruit
Lunch	Rice Pilaf (onion, pepper)	Teriyaki Noodles	Meatloaf	Pulled BBQ Chicken	Chicken Noodle Soup
Protein	Chickpea Salad Milk Cheese	Beef Cheese Milk	Beef Milk	Chicken Cheese Milk	Noodles Cheese Milk
Grain	Rice	Whole Wheat Bread	Mashed Potatoes	Whole Wheat Roll/Bread	Naan Bread Crackers
Fruits and Vegetables	Mixed Vegetable	Cabbage Salad Fruit	Cooked Vegetable Fruit	Broccoli Fruit	Vegetable Tray Fruit
Vegetarian Option (if available)	(v)	With Veggie Ground Round	Veggie Meatloaf	Cheese on a Bun	(v)
Afternoon Snack	Rice Cakes Apple Butter	Tuna Salad Crackers	Salsa Nachos Fruit	Vegetable Tray Pita	Homemade Muffins Or Loaf Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, melon, 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: _____



Jan.8-12/Feb. 12-15/Mar 18-22

Emmanuel at Brighton Winter Menu **Week 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Yogurt Honey Berries	Cheese Mini Pita Cucumbers	Oatmeal Berries Milk	Trail Mix Fruit	Pita Wow Butter Fruit
Lunch	Cheese Tortellini Rose Sauce	Beef Chilli (peas, carrots, onion, pepper, mushrooms)	Perogies and Sausage	Coconut Chickpea Curry (tomato, onion.peppers)	Tomato Soup Grilled Cheese
Protein	Cheese Milk	Beef Cheese Milk	Sausage Milk	Chickpeas Milk	Cheese Milk
Grain	Pasta	Whole Wheat Roll	Perogie Shell	Rice	Whole Wheat Bread
Fruits and Vegetables	Coleslaw Fruit	Vegetable Tray Fruit	Garden Salad Fruit	Cooke Vegetable Fruit	Vegetable Tray Pickles Fresh Fruit
Vegetarian Option (if available)	(v)	Bean Chili	Veggie Cutlet and Perogies	(v)	(v)
Afternoon Snack	Croissant Jam	Tuna Salad Melba Toast	Bagels Cream Cheese Fruit	Apple Slices Cheese Graham Crackers	Homemade Muffins or Loaf Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, melon, 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.				



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Emmanuel at Brighton Winter Menu Week 3

Jan. 15-19/Feb.20-23/Mar 25-29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cheese Slice Pretzels	Cereal Fruit Milk	Egg Salad Naan Wedges	Whole Wheat Bread Wow Butter Fruit	Bagel Cream Cheese Apple
Lunch	Sweet & Sour Meatballs (pepper, pineapple)	Chickpea Stew (tomato, onion, sweet potato, carrots)	Multigrain Fish and Rice	Cheesy Hamburger casserole (tomato, onion, pepper)	Chicken with Rice Soup (peas, carrots, corn)
Protein	Beef Milk	Chickpeas Cheese Milk	Fish Milk	Beef Cheese Milk	Chicken Cheese Milk
Grain	Rice	Whole Wheat Roll/Bread	Rice	Pasta	Whole Wheat Roll Rice Crackers
Fruits and Vegetables	Cauliflower Fresh Fruit	Salad Fresh Fruit	Mixed Vegetable Fresh Fruit	Salad Fresh Fruit	Vegetable Tray Fresh Fruit
Vegetarian Option (if available)	Falafel Balls	(v)	Beans and Rice	With Veggie Ground Round	Vegetable Soup
Afternoon Snack	Boiled Egg Pita	Crackers Cucumbers Tomatoes	Croissants Jam Fruit	Oranges Animal Crackers	Homemade Muffins or Loaf Fruit
	Fresh Fruit will vary depending on seasonal availability and may include: peaches, melon, 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.				

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Emmanuel at Brighton Winter Menu **Week 4**

Jan. 22-26/Feb. 26-Mar 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Rice Cakes Apple Butter	Wow Butter Banana Wraps	Yogurt Berries	Arrowroots Cream Cheese Fruit	Trail Mix Fruit
Lunch	Vegetarian Chilli (peppers, onions, peas, carrots, corn mushrooms)	Chicken Souvlaki With Tzatzki	Sloppy Joes	Chicken Alfredo Pasta	Cabbage Roll Soup with Rice
Protein	Beans Cheese Milk	Chicken Milk	Ground Beef Cheese Milk	Chicken Cheese Milk	Beef Cheese Milk
Grain	Whole Wheat Roll/Bread	Rice	Whole Wheat Bun/Bread	Pasta	Whole Wheat Roll/Bread Crackers Rice
Fruits and Vegetables	Cucumber Slices Fruit	Cucumber Tomato Greek Salad with Feta	Vegetable Tray Fruit	Broccoli Fruit	Vegetable Sticks Fruit
Vegetarian Option (if available)	(v)	Tofu	Veggie Ground Round	Without Chicken	Without beef
Afternoon Snack	Gold Fish Crackers Raisins Fruit	Graham Wafers Cream Cheese Fruit	Pepper Sticks Pita	Rice Rolls Wow Butter	Homemade Muffins or Loaf Fruit
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Emmanuel at Brighton Winter Menu **Week 5**

Jan. 29-Feb 2/Mar 4-8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cucumbers Crackers Wow Butter	Yogurt Berries	Oatmeal Berries Milk	Egg Salad Veggie sticks Multigrain crackers	Pita Wow Butter Fruit
Lunch	Macaroni and Cheese	Chicken and Rice Casserole	Spaghetti with Lentil Sauce	Honey Garlic Broccoli Beef	Beef Barley Soup
Protein	Cheese Milk	Chicken Cheese Milk	Milk Lentils	Beef Cheese Milk	Cheese Milk
Grain	Pasta	Whole Wheat Roll/Bread	Noodles Whole Wheat Roll	Naan Bread	Whole Wheat Bun Crackers Barley
Fruits and Vegetables	Cooked Vegetable Fruit	Mixed Vegetable Fruit	Caesar Salad Fruit	Broccoli Fruit	Cucumber Slices Fruit
Vegetarian Option (if available)	(v)	With Beans	(v)	With Veggie Ground Round	(v)
Afternoon Snack	Black Bean Dip Nachos Fruit	Boiled Egg Crackers	Bagel Cream Cheese Fruit	Rice Rolls Apple Butter Fruit	Homemade Muffins or Loaf Fruit
	<p>Fresh Fruit will vary depending on seasonal availability and may include: peaches, melon, 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.</p>				

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