



YOUR MENU

WEEK 1

MONDAY

Yogurt + Half Banana

Egg Salad Sandwich

In-season fruit
and nuts

Chicken Soup
and Salad

TUESDAY

Apples + Almond
Butter

Tuna Salad

In-season fruit
and nuts

Salmon + Green Salad

WEDNESDAY

Cottage + Peaches

Veggie Wrap

In-season fruit
and nuts

3 -Color Bean Salad

THURSDAY

Egg-Banana Cakes

Mushroom Barley
Soup

In-season fruit
and nuts

Chicken Breast
+ Salad

FRIDAY

Ricotta & Pear

Veggie Sandwich

In-season fruit
and nuts

Grilled Fish + Veggies

SATURDAY

Fresh toast - Veggie
Soup

Your fav Pizza
+ Fresh fruit + Popcorn

SUNDAY

Yogurt +Scramble Eggs +
Veggie Tacos



YOUR MENU

WEEK 2

MONDAY

Oatmeal

Egg Salad Sandwich

In-season fruits
and nuts

Chicken Chop Suey

TUESDAY

Yogurt + Half Banana

Tuna Wrap

In-season fruits
and nuts

Cauliflower Tacos

WEDNESDAY

Berry Smoothie

Scramble Eggs

In-season fruits
and nuts

Salmon Poke Bowl

THURSDAY

Oatmeal

Veggie Wrap + Soup

In-season fruits
and nuts

Chicken Breast
+ Salad

FRIDAY

Yogurt + Half Banana

Sweet & Spicy Tofu +
Brown Rice

In-season fruits
and nuts

Spicy Shrimp Salad

SATURDAY

Waffles- Fav Soup
Hamburger
+ Salad
HM Chips

SUNDAY

Yogurt + Turkey Sandwich
+Brocoli Apple Salad



YOUR MENU

WEEK 3

MONDAY

Yogurt + Half Banana

Black Bean Tacos

In-season fruits
and nuts

Salmon + Veggies

TUESDAY

Strawberry Smoothie

Apple Chickpeas Wrap

In-season fruits
and nuts

Porc + Veggies

WEDNESDAY

Oatmeal

Egg Salad Sandwich

In-season fruits
and nuts

Chickpeas Salad

THURSDAY

Berry Smoothie

Veggie Wrap

In-season fruits
and nuts

Chicken Breast
+ Asian Cucumber
Salad

FRIDAY

Yogurt + Strawberries

Scramble Eggs

In-season fruits
and nuts

Quinoa Spinach Salad

SATURDAY

French toast - Scramble
Eggs
Taco Fries
+ Ice Cream

SUNDAY

Oatmeal + Sweet Potato
Kale Salad + Chicken Salad



YOUR MENU

WEEK 4

MONDAY

Berry Smoothie

Veggie avocado
Quesadilla

In-season fruits
and nuts

Shrimp Poke Bowl

TUESDAY

Yogurt + Half Banana

Chickpea Salad Wrap

In-season fruits
and nuts

Chicken Chop Suey

WEDNESDAY

Oatmeal

Scrabble Eggs

In-season fruits
and nuts

Fish Tacos

THURSDAY

Yogurt + Half Banana

Vegan Burritos

In-season fruits
and nuts

Shrimp Spaghetti
Squash

FRIDAY

Yogurt + Strawberries

Quinoa Burrito Bowl

In-season fruits
and nuts

Lentil Salad

SATURDAY

Waffles - Veggie Hummus
Wrap

Chicken with Pasta Pesto
+ Pop Corn+ Fruit

SUNDAY

Oatmeal + Scramble
Eggs - Tuna + Salad



YOUR MENU

WEEK 5

MONDAY

Yogurt + Berries

Lentil Wrap

In-season fruits
and nuts

Beef Barley Soup

TUESDAY

Oatmeal

Boiled Eggs Salad

In-season fruits
and nuts

Vegetarian Chilli

WEDNESDAY

Yogurt + Berries

Bean Quesadillas

In-season fruits
and nuts

Kale Apple Quinoa
Salad

THURSDAY

Oatmeal

Veggie Wrap

Fruits and nuts

Chicken
+ Peach & Sweet
Potato Salad

FRIDAY

Yogurt + Half Banana

Grilled Chicken
Breast + Beet Salad

In-season fruits
and nuts

Salmon Poke Bowl

SATURDAY

Hot-cakes - Scramble
Eggs Veggie Burger
+ Green Salad
+ Fresh Fruit + Ice Cream

SUNDAY

Oatmeal + Egg
Salad + Porc + Veggies



YOUR MENU

WEEK 6

MONDAY

Yogurt + Half Banana

Egg Salad Sandwich

In-season fruits
and nuts

Shrimp Poke Bowl

TUESDAY

Oatmeal

Black Bean Mushroom
Enchilada

In-season fruits
and nuts

Porc + Veggies

WEDNESDAY

Yogurt + Strawberries

Veggie Soup

In-season fruits
and nuts

Chickpeas Salad

THURSDAY

Berry Smoothie

Veggie Wrap + Soup

In-season fruits
and nuts

Chicken Soup
and Salad

FRIDAY

Oatmeal

Grilled Chicken
Breast + Veggies

In-season fruits
and nuts

Fish Tacos

SATURDAY

French Toast - Pasta w
Veggies + French
Fries + Green Salad
+ Fresh fruit

SUNDAY

Oatmeal + Egg Salad
+ Salmon + Veggies



YOUR MENU

WEEK 7

MONDAY

Yogurt + Half Banana

Egg Salad Sandwich

In-season fruits
and nuts

Mushroom Tacos

TUESDAY

Oatmeal

Guacamole Burrito

In-season fruits
and nuts

Spicy Shrimp Salad

WEDNESDAY

Yogurt + Half Banana

Veggie Wrap

In-season fruits
and nuts

Beef Chop Suey

THURSDAY

Berry Smoothie

Veggie Soup

In-season fruits
and nuts

Chicken Breast
+ Salad

FRIDAY

Yogurt + Berries

Grilled Chicken
Breast + Veggies

In-season fruits
and nuts

Vegetarian Chili

SATURDAY

Waffles
Chickpea Giros + Fav
Pizza
+ Fresh Fruit

SUNDAY

Oatmeal + Zucchini
Hummus Wrap + Spaghetti
Squash Burrito