



# MENU

MEREDITH CENTRE

## WEEK 1

- MON** Shepherd's pie / Crudités / Fruit salad
- TUE** Chicken Wrap / Carrot Salad / Yogurt
- WED** Home fries & beef sausage / Crudités / Muffin
- THU** Grilled ham & cheese sandwich / Humus & crackers / Apple sauce
- FRI** Hot dog / French fries / Crudités & fruit

## WEEK 2

- MON** Pasta & ham salad / Crudités / Fruit salad
- TUE** Chicken & Rice / Fruits / Yogurt
- WED** Egg or ham wrap / Crudités / Biscuits
- THU** Chinese pasta salad / Crackers & cheese / Melon
- FRI** Hot dog / French fries / Crudités & fruit

## WEEK 3

- MON** Pizza bagel / Crudités / Yogurt
- TUE** Pasta & Chicken / Fruit / Muffins
- WED** Ham & cheese wrap / Crudités / Fruit
- THU** Spaghetti & meatballs / Raw vegetables / Yogurt
- FRI** Hot dog / French fries / Crudités & fruit

## WEEK 4

- MON** Chicken wrap / Cheese and grapes / Yogurt
- TUE** Meat macaroni / Crudités / Variety of melons
- WED** Ham omelette / Crudités / Apple sauce
- THU** Pasta & tuna salad / Crudités / Fruit
- FRI** Hot dog / French fries / Crudités & fruit