

4 Week

# Cooked – from – Scratch Lunch Plan



# Lunch Program – Week 1

## M Monday – Lunch

1. Grilled cheese
2. Sunshine Soup
3. Plain milk or fortified alternative

## T Tuesday – Lunch

1. Meat or Veg Chili
2. Oatmeal Bannock
3. Apple
4. Plain milk or fortified alternative

## W Wednesday – Lunch

1. Sushi Bowl
2. Pear
3. Plain milk or fortified alternative

## T Thursday – Lunch

1. Mango Chicken
2. Rice
3. Green peas
4. Plain milk or fortified alternative

## F Friday – Lunch

1. Greek Chicken or Falafel Bowl
2. Plain milk or fortified alternative



# Lunch Program – Week 2

## M Monday – Lunch

1. Quinoa Salad
2. Orange
3. Plain milk or fortified alternative

## T Tuesday – Lunch

1. Salmon Chowder
2. Veggies w/ Ranch Dip
3. Bun
4. Plain milk or fortified alternative

## W Wednesday – Lunch

1. Sunshine Soup
2. Baked tortilla chips
3. Hummus
4. Plain milk or fortified alternative

## T Thursday – Lunch

1. Taco Salad
2. Apple
3. Plain milk or fortified alternative

## F Friday – Lunch

1. Chicken Lentil Curry on rice
2. Canned pears
3. Plain milk or fortified alternative



# Lunch Program – Week 3

## M Monday – Lunch

1. Stir-fried noodles w/ veggies and tofu
2. Plain milk or fortified alternative

## T Tuesday – Lunch

1. Chicken Caesar Wrap
2. Grape tomatoes
3. Plain milk or fortified alternative

## W Wednesday – Lunch

1. Salmon Chowder & Bannock
2. Apple
3. Plain milk or fortified alternative

## T Thursday – Lunch

1. Spaghetti & Veggie Sauce
2. Salad
3. Plain milk or fortified alternative

## F Friday – Lunch

1. Beef & Bean Taco Salad
2. Pear
3. Plain milk or fortified alternative



# Lunch Program – Week 4

## M Monday – Lunch

1. Sushi Bowl
2. Plum
3. Plain milk or fortified alternative

## T Tuesday – Lunch

1. Moose Stew
2. Bun
3. Apple
4. Plain milk or fortified alternative

## W Wednesday – Lunch

1. Pork & Tofu Lettuce Wrap
2. Canned Peaches
3. Rice
4. Plain milk or fortified alternative

## T Thursday – Lunch

1. Yam & Black Bean Burritos
2. Pear
3. Plain milk or fortified alternative

## F Friday – Lunch

1. Bibimbap
2. Mandarin
3. Plain milk or fortified alternative

