



# First Academy Spring and Summer Menu

## Week 1

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cereal with Milk and fruits	English muffin with strawberry jam, Milk, and fruits	Mini croissant with cream cheese, Milk, and fruits	Whole wheat toast with butter, Milk and fruits	Cereal with Milk and fruits
Vegan Sloppy soup with Garlic bread Celery sticks with cucumber Milk and fruits	Classic Beef Macaroni pasta with Corn on a cob, Milk, and fruits	Chicken casserole Basmati rice with Iceberg lettuce and tomato salad Milk and fruits	Rainbow Garden veggie quinoa With Baked potatoes Milk and fruits	Chicken club sandwiches with spring mix salad Milk and fruits
Chef's special Oatmeal cookies with fruits	Crackers, sour cream and baby carrots	Fruit Yogurt with Raisin bread	Naan and apple sauce	Banana Pancakes with fruits

## Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Cereal with Milk and fruits	Bagel with jam, Milk and fruits	Raisin bread, Milk, and fruits	Waffles with maple syrup, Milk, and fruits	Cereal with Milk and fruits
Tomato Basil soup with whole grain bread Milk and fruits	wholegrain chicken shawarma wrap, broccoli Milk and fruits	Baked fish fillet with green beans and Brown rice Milk and fruits	Chicken stroganoff with wholewheat spaghetti Caesar salad, Milk and fruits	Shredded beef burger with lettuce and tomatoes and cheese Milk and fruits
Mango cake with fruits	Goldfish crackers with cucumber	Granola bar with fruits	Veggie sticks with fruits	Cheese sandwiches with fruits

**Dairy i.e., Milk, Cheese or Yogurt is Provided with each meal**

Seasonal Fruits: Apple, banana, honeydew, watermelon, cantaloupe, pineapples, grape, strawberry, plums, clementine, peaches, pears, and berries

Prepared in accordance with Canada's Food Guide and Health Canada

Substitution available for allergies, Intolerances, and dietary restrictions