

Menu

Breakfast, Lunch, Dinner

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

*Apple and Almond Whole Grain Baked French Toast
Lean Turkey Sausages*

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Salads, Granola Bar/Nuts, Yogurt, Cheese, Fruit.

Hot Lunch: includes a soup/salad, fruit/homemade cookies.

Beef and Root Vegetable Chili with Baked Potato

Dinner

Herb Roasted Chicken

Barley Greek Salad

Lemon Roasted Potatoes

Hummus and Pita

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

Breakfast Wraps with egg, rice, black beans, cheese, spring onion. Salsa and Sour Cream

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Homemade Granola Bar, Yogurt, Cheese, Fruit.

Hot Lunch: Includes Soup/Salad, fruit/Homemade cookies.

Roasted Vegetable and Walnut Pesto Penne

Dinner

Honey Mustard Roasted Pork Loin

Roasted Carrots, Rutabaga and Potato

Fresh Basil, Tomato and Cucumber Salad

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

Spinach and Cheese Egg Scramble with Sweet Potato Hash and Baked Beans

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Nuts/Granola Bar, Yogurt, Cheese, Fruit.

Hot Lunch: includes Soup/Salad, fruit/homemade cookie Curry Chicken Salad Sandwiches

Dinner

*Thai Salmon and Prawn Coconut Curry
Steamed Rice
Spicy Peanut, Basil and Cabbage Salad*

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

Multigrain Waffles with Fresh Strawberries and Banana, Bacon and Boiled Eggs

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Nuts/Granola Bar, Yogurt, Cheese, Fruit.

Hot Lunch: includes Soup/Salad, Fruit/Homemade Cookie.

Tuna Melts Open Faced and Tomato Soup

Dinner

*Lemon and Thyme Baked Chicken Breast
Baked Butternut Squash, Walnut and Kale Salad
Garlic Roasted New Potatoes*

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

*Baked Egg and Cheese Open face Sandwich
High Protein Banana, Almond and Blueberry Smoothie*

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Nuts/Granola Bar, Yogurt, Cheese, Fruit.

*Hot Lunch: includes Soup/Salad,fruit/homemade cookie
Cob Salad with Egg, Avocado, Ham, Cheese
Creamy Roasted Cauliflower Soup*

Dinner

*Pulled Pork Taco's with Tomato and Avocado Salsa
Crunchy Cabbage Slaw
Roasted Sweet Potato Fries*

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

*Mini Spinach and Sausage Frittata
Roasted Red Pepper and Potato Hash*

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Homemade Granola Bar, Yogurt, Cheese, Fruit.

*Hot Lunch: includes Soup/salad,fruit/homemade cookie
Chicken and Pesto Sandwich with Roasted Carrot,
Squash and Garlic Soup*

Dinner

*Roasted Vegetable and Butternut Squash Lasagna
Balsamic Marinated Tomatoes
Spinach Salad with Feta and Toasted Almonds*

Breakfast

Every day will include Fresh Fruit, Yogurt and Granola, Silverhills Bread and PB/ Almond Butter, Whole Grain Cereals, Milk, Almond Milk, Coffee/Tea, Juice

*Hot Apple and Cinnamon Quinoa Cereal
Boiled Eggs*

Lunch

Hot or Bagged Lunch

Bagged Lunch: with Fresh Sandwich, Homemade Granola Bar, Yogurt, Cheese, Fruit.

Hot Lunch: includes Soup/Salad, Fruit/Homemade Cookie

Hot Ham and Swiss Sandwiches

Dinner

*Moroccan Beef Stew
Chickpea and Couscous Pilaf
Cucumber and Mint Salad
Garlic Flat Bread*

