

# Earlybird Summer Menu

Custodian Training: Module 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Oats	Corn Flakes	Weetbix	Fruit Salad & Plain Yoghurt	Rice Crispies
<b>Morning Snack (suggested)</b>	Popcorn & Watermelon	Yoghurt & Mango	Almonds & Berries	Carrots & Raisins	Wholewheat Biscuits
<b>Lunch W1</b>	Macaroni Cheese & Butternut	Chicken Wraps	Beef Stir-fry w/ Peppers & Green Beans	Fish Fingers & Sweet Potato Wedges	Pizza & Salad
<b>Lunch W2</b>	Tuna Pasta & Peas	Chicken Strips, Potato Wedges & Carrots	Fried Rice	Beef Strips & Potato Salad	Toasted Chicken Mayonaise
<b>Afternoon Snack (suggested)</b>	Cheese & Crackers with Apple	Banana & Almonds	Popcorn & Watermelon	Rice Cakes & Cream Cheese	Yoghurt & Mango

