



DEC


PRINCESS PEA SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRESH FRIDAY
WEEK 1	Sweet Roasted Red Pepper, Organic Tomato Rose Sauce, w/ Whole Grain Pasta, Garlic Bread & Mixed Veg Fresh Honeydew 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Lightly Whole Grain Breaded Chicken Breast Tenders, Basmati, Red Rice, Sweet Corn & Green Organic Peas, & Plum Sauce Fresh Oranges 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Beef Meatball Torpedoes, w/ Zesty Organic Tomato Sauce on a whole Grain Bun, Served w/ Mixed Veg Fresh Apples 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Indian Butter Chicken Thigh, Yogurt Sauce, Quinoa & Basmati Rice, Zucchini with Sweet Corn Fresh Cantaloupe 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Broken Lasagna w/ Whole Grain Noodles, Grilled Seasonal Veg, Organic Tomato Sauce, Garlic Bread & Fresh Garden Salad Fresh Banana 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU
	WEEK 2	Falafal Served on a Bed of Basmati Rice, Accompanied w/ Shredded Garden Salad & Mint Yogurt Sauce Fresh Honeydew 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Chicken Breast, Couscous Salad w/ Fresh Organic Tomatoes, Gravy, Served w/ Sweet Sugar Snap Peas and Corn Fresh Oranges 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Whole Grain Spaghetti, Extra Lean Ground Beef Bolognese Sauce, Served w/ Whole Wheat Bread & Fresh Seasonal Veg Fresh Apples 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	BBQ Five Bean Bake, Served w/ Basmati Rice & Seasonal Organic Mixed Veg Fresh Cantaloupe 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU
WEEK 3		Tuscan Bean Tomato Sauce, Whole Grain Pasta, Served w/Whole wheat Bread, & California Mixed Veg 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Chicken Meatballs, Served w/ Herb Seasoned Roasted Potatoes, with Mushroom Gravy, Served w/ Organic Broccoli, and Carrots 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Lightly Breaded Fish Fillet, Fresh Lemon Tarter Sauce, Served w/Garden Salad & Whole Wheat Bread 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Fresh Herb Infused Chicken Thigh, Gravy, Basmati & Wild Rice, w/ Sweet Green Peas 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU
	WEEK 4	Pasta Fizzle, w/ Whole Grain Pasta, Creamy Mushroom & Organic Fresh Tomato Sauce, Garlic Bread, Fresh Seasonal Veg Fresh Honeydew 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	BBQ Chicken Drum Stick, w/ Couscous Salad w. Fresh Organic Tomatoes, served w/ Corn & Sweet Green Peas Fresh Oranges 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Cheese Burger, Whole Grain Macaroni, Baby Carrots and Organic Broccoli, w/ Whole Wheat Bread Fresh Apples 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU	Baked Fish Sticks, Tri Vegetable CousCous Salad, Served w/ Organic Sugar Peas and Diced Carrots Fresh Cantaloupe 2% Milk Sp. Request: <u>VEG OR SPECIAL OPTION</u> PLEASE SEE SPECIALIZED MENU




TASTE

2 Servings of Dairy



QUALITY

4 Servings of Fruit & Veg



AFORDABILITY

3 Servings of Grain 1 Serving of Meat

Any Questions Please Call
416-951-4688

*Fresh Fruit and Fresh Veg Are Based On Availability
 *Fresh Fruit May Include Apples, Oranges, Pears and Whole Melons, Bananas, Pineapple
 *Fresh Veg May Include Carrots, Cucumber Sticks, Celery and Green, Red or Yellow Peppers