



Monday	Tuesday	Wednesday	Thursday	Friday	Continental Breakfast
Pasta Primavera with Black Beans Green French Beans  Cantaloupe Graham Wafers	Pulled Chicken sandwich  Basil pesto potato Salad Baby Carrots  Fruit Fiber Extreme Loaf	Baked Cod Nuggets  Vegetable Rice Pilaf Caesar Salad  Spinach Mushroom Flat Bread	Beef and vegetable Jambalaya with Brown rice  Fruit Salad  Apple Current Flat	Teriyaki Ginger Chicken with Basil Wholewheat Spaghetti  Steamed Broccoli  Raspberry Parfait	<p>Each morning, CV children are welcome to a bountiful continental breakfast.</p> <ul style="list-style-type: none"> <li>Waffles</li> <li>Oatmeal</li> <li>Whole wheat toast</li> <li>Assorted muffins</li> <li>Multigrain bagels</li> <li>Whole wheat English muffins</li> <li>Assorted cereals</li> <li>Yogurt</li> <li>Fresh fruit salad</li> <li>Multigrain cereal bars</li> </ul> <p>Fresh fruit, milk and water are provided for all age groups throughout the entire day.</p> <p>Menu adaptations are based on individual age groups.</p>  
Turkey sausages on a bun with Spinach avocado Salad  Mellow Yellow Beans  Watermelon Chunks	Breaded Haddock Bites  Mushroom Risotto Fall Vegetable Medley  Strawberries with Yogurt	Spinach Lasagna  Caesar Salad  Apple Cinnamon Scone	Lemon Garlic Chicken with 7 Grain Rice  Steamed Broccoli  Vegetable Platter with Ranch Dressing	Spaghetti Meat Balls with Bell pepper bean salad  Bruschetta Warm Pita	
Swedish Meat Balls with Basmati Rice  Petite Green Peas  Pizza Bites	Vegetable Macaroni Casserole with Mixed Green Salad  Seedless Grapes  Cheese and Crackers	BBQ Glazed Chicken with Redskin Mashed Potato  Cucumber Sticks  Focaccia with Herbed Cream Cheese	Apple Braised Turkey Thighs with Parsley Penne  Roasted Carrots  Guacamole Chips	Baked Haddock Loin with Pineapple Salsa  Farro Fall vegetable mix  Sun Chips Honeydew Chunks	
Chicken Parmesan with Bowtie Pasta  Steamed Carrots  Pretzel and Hummus Cucumber Slices	Mushroom Ravioli with alfredo sauce  Petite Green peas  Roasted Red Pepper Flat Bread	Vegetable beef Stir fry with Brown Rice  Mixed Greens Salad  Vegetable Spring Roll	Sole Fingers with Roasted Root Vegetable Couscous  Blueberries  Vanilla Yogurt	Butter Chicken with Basmati Rice & Naan Chips  Steamed Cauliflower  Potato and Pea Samosa	