

GAN SIMXA DAILY MEAL SERVICES

MONDAY Date: _____		TUESDAY Date: _____		WEDNESDAY Date: _____		THURSDAY Date: _____		FRIDAY Date: _____	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Bread/Alt	<u>Hot Oats</u>	Bread/Alt	<u>Cheerios</u>	Bread/Alt	<u>Cream of Whea</u>	Bread/Alt	<u>Buckwheat</u>	Bread/Alt	<u>Kix Cereal</u>
1st Fruit/Veg	<u>Bananas</u>	1st Fruit/Veg	<u>Raisins</u>	1st Fruit/Veg	<u>Bananas</u>	1st Fruit/Veg	<u>Tomatoes</u>	1st Fruit/Veg	<u>Raisins</u>
Milk	<u>Milk 1%-2%</u>	Milk	<u>Milk 1%-2%</u>	Milk	<u>Milk 1%-2%</u>	Milk	<u>Milk 1%-2%</u>	Milk	<u>Milk 1%-2%</u>
MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK		MORNING SNACK	
Meat/Alt	<u>Yogurt</u>	Meat/Alt	<u>Beans/Lima</u>	Meat/Alt	<u>Fish/sticks</u>	Meat/Alt	<u>Am Cheese</u>	Meat/Alt	<u>Cottage/Ricotta</u>
OR		OR		OR		OR		OR	
Bread/Alt	<u>Wht Bread</u>	Bread/Alt	<u>Wht Crackers</u>	Bread/Alt	<u>Bread Sticks</u>	Bread/Alt	<u>Wht Bread</u>	Bread/Alt	<u>Rice Cakes</u>
1st Fruit/Veg	<u>Apples</u>	1st Fruit/Veg	<u>Pears</u>	1st Fruit/Veg	<u>Cucumbers</u>	1st Fruit/Veg	<u>Apples</u>	1st Fruit/Veg	<u>Apple Juice</u>
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
Meat/Alt	<u>Stew Meet</u>	Meat/Alt	<u>Chicken Wings</u>	Meat/Alt	<u>Beans/Red</u>	Meat/Alt	<u>Beef Ground</u>	Meat/Alt	<u>Chicken Legs</u>
Bread/Alt	<u>Barley</u>	Bread/Alt	<u>Wheat Bread</u>	Bread/Alt	<u>Brown Rice</u>	Bread/Alt	<u>Macaroni</u>	Bread/Alt	<u>Rolls</u>
1st Fruit/Veg	<u>Chkn Veg Soup</u>	1st Fruit/Veg	<u>Chkn Veg Soup</u>	1st Fruit/Veg	<u>Vegetable Soup</u>	1st Fruit/Veg	<u>Potatoes</u>	1st Fruit/Veg	<u>Cucumbers</u>
2nd Fruit/Veg	<u>Potatoes</u>	2nd Fruit/Veg	<u>Carrots</u>	2nd Fruit/Veg	<u>Tomatoes</u>	2nd Fruit/Veg	<u>Vegetable Soup</u>	2nd Fruit/Veg	<u>Tomatoes</u>
Milk	<u>Pacific Natural</u>	Milk	<u>Pacific Natural</u>	Milk	<u>Pacific Natural</u>	Milk	<u>Pacific Natural</u>	Milk	<u>Pacific Natural</u>
DINNER		DINNER		DINNER		DINNER		DINNER	
Meat/Alt	<u>Fish</u>	Meat/Alt	<u>Am Cheese</u>	Meat/Alt	<u>Eggs</u>	Meat/Alt	<u>Cheese</u>		
Bread/Alt	<u>Rice Cakes</u>	Bread/Alt	<u>Wht Bread</u>	Bread/Alt	<u>Hot Oats</u>	Bread/Alt	<u>Bread</u>		
1st Fruit/Veg	<u>Cucumbers</u>	1st Fruit/Veg	<u>Bananas</u>	1st Fruit/Veg	<u>Raisins</u>	1st Fruit/Veg	<u>Potatoes</u>		
2nd Fruit/Veg	<u>Tomatoes</u>	2nd Fruit/Veg	<u>Pears</u>	2nd Fruit/Veg	<u>Apples</u>	2nd Fruit/Veg	<u>Cucumbers</u>		
Milk	<u>Milk</u>	Milk	<u>Milk</u>	Milk	<u>Milk</u>	Milk	<u>Milk</u>		