



Catering Menu for Shambhala School Pre-Primary

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Whole Wheat Bagels with Cream Cheese and Cucumber	Applesauce with Crackers and Cheese Slices	Hummus with Fresh Sliced Vegetables and Pita	Overnight Oats with Blueberries and Coconut Milk	Fruit and Oat Energy Bites with fresh fruit
LUNCH	Pasta with Veggie Bolognese Sauce	Steamed Broccoli with Tofu and Rice	Pureed Sweet Potato and Lentil Soup with Multigrain Bread	Black Bean and Corn Chili with Rice	Pasta with Cream Sauce and Spinach or Mushroom
DESSERT	Fruit	Fruit	Fruit	Fruit	Fruit

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Whole Wheat Bagels with Cream Cheese and Cucumber	Hummus with Crackers and Cheese Slices	Apple Cinnamon Chia Pudding	Overnight Oats with Blueberries and Coconut Milk	Red Pepper Lentil Dip, Fresh Sliced Vegetables and Crackers
LUNCH	Pasta with Veggie Bolognese Sauce	Wow Butter and Jam Sandwiches with Carrot Sticks	Chickpea Noodle Soup with Multigrain Bread	Black Bean and Corn Chili with Rice	Macaroni and Cheese with Green Peas
DESSERT	Fruit	Fruit	Fruit	Fruit	Fruit

*This menu is fully vegan and any reference to "cheese" or "cream" represents a dairy-free alternative.