

Healthy Sample Menus

Turkey meatballs

Mashed potatoes

Seasonal fruit salad

Green falafel, flat bread with hummus and mint yogurt dip

Seasonal salad with homemade vinaigrette

Sliced oranges

Chicken nuggets with panko/almond crust

Roasted sweet potatoes and steamed green beans

Seasonal fruit

Bbq chicken wings, celery sticks and blue cheese dip

Caesar salad with homemade croutons

Lemon bars

Bowtie pesto pasta

Roasted seasonal vegetables

Parfaits with homemade granola and yogurt

Seasonal salad

Mac and cheese

Fruit salad

Chicken soup with seasonal vegetables

Garlic bread

Fruit crumble

Vegetable frittata

Roasted potatoes

Brownie



Healthy Sample Menus

Rotelli rainbow pasta with shredded carrots and beets in homemade vinaigrette

Zucchini chocolate muffin

Chicken salad with yogurt sour cream curry, raisins, almonds and apples

Flatbread

Apple/pear sauce

Chocolate cookie

Grilled chicken teriyaki

Green rice

Fruit salad

Green salad

Black beans enchilada with sweet potatoes and roasted tomatillos/tomato sauce

Spanish flan

Spring mix salad with pears and feta

Butternut squash risotto

Baked apples with honey

Bbq chicken wings

Roasted potatoes and kabocha squash

Fruit salad

Chicken satay kebabs

Green rice

Clementines

Mac and cheese

Sliced carrots

Steamed green beans

Fresh fruit



Healthy Sample Menus

Roasted delicata and kabocha squash

Roasted chicken breast

Cookie

Tomato soup

Grilled cheese sandwich

Fruit salad

Burrito bowls: rice, black beans, grilled chicken and homemade salsa

Fruit salad

Cream of broccoli

Quinoa and roasted vegetables

Crumble

Grilled cheese and ham sandwich

Green salad with apples and cranberries

Vanilla tapioca pudding

Fried rice with carrots and edamame

Miso soup

Seasonal fruit salad

Chow mein with vegetables

Miso soup

Asian cookie

Vietnamese salad with rice noodles

Grilled chicken

Fresh fruit



Healthy Sample Menus

Kettle chips

Ham and swiss sandwich on wheat bread

Sliced carrots

Cookie

Shepherd pie made with organic grass fed ground beef

Green salad

Fruit salad

Lentils salad with cauliflower, tomatoes, red bell pepper, romaine in a lemon tahini dressing

Avocado tomato sandwich

Yogurt

Banana pancakes with strawberry coulis

Turkey patties

Fruit salad