



Helping Hands Seasonal Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Breakfast	Toast/Bagel or Cereal Fruit Juice/Milk/ Water	Toast/Bagel or Cereal Fruit Juice/milk/ water	Toast/Bagel or Cereal Fruit Juice/Milk/ water	Toast/Bagel or Cereal Fruit Juice/Milk/ Water	Toast/Bagel or Cereal Fruit Juice/milk/ water
Choice 2 Snacks 4:15	Breadsticks Yoghurt Cereal	Cheese and Crackers Raisins Cereal	Pan au Chocolat Cucumber,tomatoes, and Carrot sticks or Cereal	Toast Jelly Cereal	Pan au chocolat Yoghurt Cereal
Light tea/5:50	Tomato or Tuna Pasta	Sandwiches or Toasties	Spaghetti Hoops on toast or Egg and Soldiers	Tomato Soup or Chicken Pitta Bread	Hot Dog or Veggie dog

