

# Meal Plan

Week 1	Morning Snack	Lunch	Evening Snack
Monday	Honey Cheerios/ Cornflakes  Apples/Pears  Milk/Water	Homemade Chicken Soup (Carrots, Zucchini, Peas, Celery, Lentil, Onions, Tomatoes, Cilantro) with Rice.  Milk/Water	White Cheddar/ Salted rice Cakes.  Boiled or Raw Carrots/ Celery /Apples  Water
Tuesday	Toasted Raisin Bagels with Butter Watermelon/ Seasonal Fruits  Milk/Water	Burrito Roll (Ham, Lettuce, Tomatoes, Cheese, Shredded Carrots with rice) Apples  Milk/Water	Maria Biscuits/ Oatmeal cookies  Sweet Oranges/ Cantaloupe /Carrot Sticks  Water
Wednesday	Plain Yogurt Raisins Granola with Brown sugar (optional) Bananas/ Berries Water	Chicken Stew (Potatoes, Carrots, Celery, Peas, Coriander Etc. Chicken, Seasoning) Whole wheat bread.  Milk/Water	Hummus and Naan bread with Cucumbers  Water
Thursday	Hot Oatmeal Cereal with Cinnamon Powder Dancing Raisins Milk/Water Finely Sliced Apples Brown Sugar (Optional)	Mac and Cheese with Chicken with Broccoli/ Cauliflower with cheese.  Milk /Water	Water Whole Wheat bread with Cheese/ Jam/ Butter Bananas  Water
Friday	Whole-Wheat Pan Cakes Maple Syrup Fresh Apples/seasonal fruit Milk/Water	Make Your Own Whole Wheat Sub Cucumber Slices and Cheese Lettuce/Tomato Sliced Chicken Milk/Water	Blueberry Waffles  Oranges / Seasonal Fruits  Water

# Meal Plan

Week 2	Morning Snack	Lunch	Evening Snack
Monday	Honey Cheerios/ Cornflakes Apples/Pears/Seasonal fruit Milk/Water	One-Pan Chicken fried Rice with Vegetables (onions, potatoes, Broccoli, Peas, Carrots Etc.) Milk/Water	Whole Wheat Crackers with Sliced Cheddar Cheese and Cucumber/ Banana /Seasonal Fruits Water
Tuesday	Hot Oatmeal Cereal with Cinnamon Powder Raisins Milk/Water Finely Sliced Apples Brown Sugar (Optional)	Tofu Chilli (Peppers, Peas, Onions, Kidney beans/ Red/ Yellow Lentils, Spinach, onions, Garlic Seasoning) With rice. Milk/Water	Hummus and Naan bread Cucumbers/ Seasonal Fruits  Water
Wednesday	Plain Yogurt Raisins Granola Bananas/ Berries Water	Grilled Cheese and Ham Sandwich on whole wheat bread with Celery/Carrots sticks  Milk/ Water	Maria Biscuits/ Oatmeal cookies  Sweet Oranges/ Cantaloupe/ Carrot Sticks  Water
Thursday	Toasted Raisin Bagels with Butter Watermelon/ Seasonal Fruits  Milk/Water	Chicken Stew (Potatoes, Carrots, Celery, Peas, Coriander Etc. Chicken, Seasoning) Whole wheat bread. Milk/Water	Blueberry Waffles Oranges / Seasonal Fruits  Water
Friday	Whole-Wheat Pan Cakes Maple Syrup Fresh Apples Milk/Water	Whole Grain Spaghetti with Meat balls and Mixed vegetables Peas, beans, and carrots etc.  Milk/Water	Whole Wheat bread with Cheese/ Jam/ Butter Bananas  Water