

WEEKLY MEAL PLANNER

| WEEKDAY | BREAKFAST | LUNCH | SNACK |
|-----------|--|---|---|
| MONDAY | cereal, bananas or blueberries, formula, homogenized milk | soup of the day, cheese cubes, fruit, formula, homogenized milk | yogurt, fruit slices, water, formula, homogenized milk |
| TUESDAY | whole wheat toast with cream cheese, formula, homogenized milk | poached chicken, steamed carrots and peas, fruit, formula, homogenized milk | cheese cubes, broccoli, water, formula, homogenized milk |
| WEDNESDAY | oatmeal and apple slices, formula, homogenized milk | grilled tofu, mashed potatoes, steamed cauliflower, fruit, formula, homogenized milk | mashed veggie puree, water, formula, homogenized milk |
| THURSDAY | whole wheat toast with cream cheese, formula, homogenized milk | pasta with meatballs and tomato sauce, peas, fruit, formula, homogenized milk | steamed veggies, mashed avocado, water, formula, homogenized milk |
| FRIDAY | muffins, mixed fruit, formula, homogenized milk | scrambled eggs mashed sweet potatoes, steamed carrots, fruit, formula, homogenized milk | apple sauce, crackers, water, formula, homogenized milk |

- Breast milk or formula offered when provided by parents.
- All milk or soy-based iron fortified infant formula or cereal when provided by parents.
- Supplementary snacks and bottles to be offered throughout the day.

WEEKLY MEAL PLANNER

| WEEKDAY | BREAKFAST | LUNCH | SNACK |
|-----------|--|--|--|
| MONDAY | cereal, bananas or blueberries, formula, homogenized milk | soup of the day, crackers, cheese cubes, fruit, formula, homogenized milk | pita, cucumber, water, formula, homogenized milk |
| TUESDAY | whole wheat toast with cream cheese, formula, homogenized milk | baked macaroni with cheddar cheese, bean salad, fruit, formula, homogenized milk | avocado dip, stemmed carrots, water, formula, homogenized milk |
| WEDNESDAY | fruit puree, fruit slices, formula, homogenized milk | tofu and vegetable stir fry, rice, fruit, formula, homogenized milk | veggie puree, crackers, water, formula, homogenized milk |
| THURSDAY | whole wheat toast with cream cheese, formula, homogenized milk | pasta in tomato sauce with chicken, steamed vegetables, fruit, formula, homogenized milk | homemade granola with apple slices, water, formula, homogenized milk |
| FRIDAY | oatmeal, mixed fruit, formula, homogenized milk | scrambled eggs, whole wheat toast, steamed carrots, fruit, formula, homogenized milk | cheese cubes, broccoli, water, formula, homogenized milk |

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