

The Seed Day Center - Sample Weekly Menu

	Breakfast	Lunch	Dinner	Snack
Sunday				
Monday	Cereal and milk (by request)	Couscous squares Seasoned cauliflower florets Tomato salad Milk Fresh fruit		A.M. Fresh Fruit and milk Cereal and milk P.M.
Tuesday	Cereal and milk (by request)	Turkey meat loaf Mashed potatoes Seasoned corn Lettuce Salad Milk Fresh fruit		A.M. Fresh Fruit and milk Cereal and milk P.M.
Wednesday	Cereal and milk (by request)	Hot pasta main dish Seasoned green beans Carrot salad Yogurt Milk Fresh fruit		A.M. Fresh Fruit and milk Cereal and milk P.M.
Thursday	Cereal and milk (by request)	Cheese or tuna sandwiches Seasoned peas Cucumber salad Milk Fresh fruit		A.M. Fresh Fruit and milk Cereal and milk P.M.
Friday	Cereal and milk (by request)	Hot rice dish Egg salad Seasoned broccoli florets Celery salad Milk Fresh fruit		A.M. Fresh Fruit and milk Cereal and milk P.M.
Saturday				