

Monthly Meal Plan

^ denotes as vegetarian meal and # as gluten friendly meal.

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7	Meal 8
MAR 01 (Fri)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)
MAR 04 (Mon)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
MAR 05 (Tue)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
MAR 06 (Wed)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Egg & Cheese Sandwich ^	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
MAR 07 (Thur)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	Chicken Burger + Hashbrown (ketchup packet)
MAR 08 (Fri)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	5 Big Tamago Rolls + Edamame Beans (soya sauce packet) ^ #	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
MAR 11 (Mon)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Baked Vegetarian Quesadillas + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread
MAR 12 (Tue)	Chicken Pasta + White Sauce	Meatball Pasta + Tomato Sauce	Egg Fried Rice ^ #	Turkey & Cheese Sandwich	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet) ^	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet)	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
MAR 13 (Wed)	Mac & Cheese + Bacon Bits	Mac & Cheese ^	Baked Chicken Wrap + Cheese Perogies	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Chicken Hot Dog + French Fries (ketchup packet)	Teriyaki Chicken + White Rice + Vegetables	Veggie Dog + French Fries (ketchup packet) ^	Chicken Burger + Hashbrown (ketchup packet)
MAR 14 (Thur)	Baked Chicken Strips + French Fries (ketchup packet)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Ham & Cheese Sandwich	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)	Pasta Tomato Sauce ^	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
MAR 15 (Fri)	Beef Burger + Hashbrown (ketchup packet)	Mac & Cheese ^	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	Beef Hot Dog + French Fries (ketchup packet)	Soy Sauce Chicken + White Rice + Vegetables	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	Veggie Wrap + Cheese Perogies ^	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread