Nourish Lunch Program Menu

October 20th – 23rd

Monday 20th

Ham & Cheese

Yogurt cups

(Sandwich will contain Honey Ham, Cheddar, Romaine lettuce, Mayo)

Tuesday 21st

Asian Noodle Salad

Apple sauce

(Salad contains Noodles, Asian dressing, snow peas, shredded carrot, chicken, cucumber and red pepper)

Wednesday 22nd

Egg salad

Whole Fresh Fruit

(Salad will contain egg, mayo, dill, red peppers, and spices)

Thursday 23rd

Wow butter and Jam

Baked good

(Sandwich contains Wow butter and strawberry jam)

*Snacks/sides are subject to change