

**WEEK 1*****Based on Canada  
Food Guide***

<b>MEAL</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY (Filipino)</b>
<b>Morning Snack</b>	Granola bits Yogurt Water	Frozen yogurt Banana dippers Water	Apple slices Peanut butter Water	Carrot sticks Yogurt drink Water	Mango and graham crackers (chilled) Water
<b>Lunch</b>	Carbonara pasta (with ground beef, bacon, mushrooms, milk and butter) Berries Water	Tuna salad sandwich with cheese cucumbers and grape tomatoes Water	Greens salad with cucumbers tomatoes, chicken strips, cheese Butter toast Water	Grilled ham & cheese sandwich Cantaloupe Water	Chicken Adobo Rice Seasonal Fruits Water
<b>Afternoon Snack</b>	Crackers Cheese bites Water	Apple sauce Crackers Water	Breadsticks with cheese dip Water	Fruit smoothie with yogurt Water	Coconut macaroons Water

