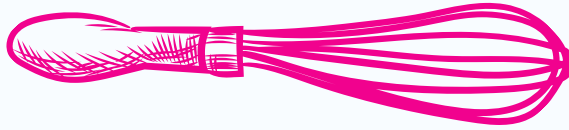


# SAMPLE MENU



## Monday

**Breakfast**  
Cereal Sensation with a Burst of Fresh Fruit  
**Drink**  
Scrumptious Smoothie  
**Lunch**  
BBQ Meatballs with Roast Potatoes and Wholesome Steamed Veg  
**PM Snack**  
Cheese Platter Accompanied by Crackers and Sweet Dried Fruit  
**Dinner**  
A Fiesta of Flavors - Chicken Tostadas

## Tuesday

**Breakfast**  
Toast with Cinnamon Raisin Mascarpone & Fresh Fruit  
**Drink**  
Scrumptious Smoothie  
**Lunch**  
Chicken Tetrizzini served with salad  
**PM Snack**  
Poached Pears with Homemade Lemon Ice Cream  
**Dinner**  
Beef Taco Skillet

## Wednesday

**Breakfast**  
Savory Turkey Sausage Hash  
**Drink**  
Nutrient-Packed Smoothie  
**Lunch**  
Tuna Melts with Carrot Fries  
**PM Snack**  
Wow Butter Protein Balls  
**Dinner**  
Savory Veggie Stuffed Meatloaf with Creamy Mashed Potato

## Thursday

**Breakfast**  
Banana Bread French Toast with Sweet Strawberries  
**Drink**  
Fresh and Fruity Smoothie  
**Lunch**  
Cheeseburger Pies served with Golden Potato Wedges and Salad  
**PM Snack**  
Raspberry White Chocolate Cheesecake  
**Dinner**  
Toad In A Hole served with Vegetables

## Friday

**Breakfast**  
Zesty Lemon Coconut Muffins  
**Drink**  
Nutrient-Packed Smoothie  
**Lunch**  
Deville Sausages with Rice & Wholesome Steamed Veg  
**PM Snack**  
Cauliflower Cheese Cups Delights  
**Dinner**  
Shrimp Cakes with Fresh Salad Twist

## Saturday

**Breakfast**  
Nutritious Cereal Bars served with Medley of Fresh Fruit  
**Drink**  
Refreshing Smoothie  
**Lunch**  
Tasty Pesto Chicken Flatbread  
**PM Snack**  
Nutritious Cranberry Bliss Bars  
**Dinner**  
Classic Sausage Stuffed Zucchini

## Sunday

**Breakfast**  
Fluffy Blueberry Pancakes  
**Drink**  
Nutrient-Rich Smoothie  
**Lunch**  
Mac & Cheese paired with Fresh Raw Vegetables  
**PM Snack**  
Crisp Cucumber Pinwheel Sandwiches  
**Dinner**  
Fiesta of Turkey Tacos

Summit **Start**™

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Seasonal menus are designed by our onsite Chef, to view the current menu log into your parent portal or send us and email if you are not a current member