the academy
A WORLD OF WONDER

Sample MEAL PLAN - WEEK 1

Day	Morning Snack	Lunch	Afternoon Snack
Monday	Mini banana pancakes with Honey	Chicken & whole-grain vegetable pasta with broccoli	Banana topped with yogurt & berries
Tuesday	Apple Pie Oatmeal with cinnamon & milk	Mild butter chicken, rice, peas & carrots	Pita, hummus, cucumber & grated carrots
Wednesday	Yogurt parfait with berries & oats	Soy ground shepherd's pie with carrots, peas & mashed potatoes	Homemade pumpkin-oat muffins & milk
Thursday	Whole-grain toast with cream cheese & pear	Lentil vegetable soup with whole-grain naan	Soft apple slices with yogurt drizzle & cinnamon
Friday	Warm banana-cinnamon oatmeal	Baked fish, roasted potatoes & steamed broccoli	Mini whole-grain pancakes with fruit & yogurt dip

November - April