



**CONTACTS:**

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Chef Domingo Hernandez

Administrative: Beatriz Perez

*All meals are served with fruit & water.*

		Monday	Tuesday	Wednesday	Thursday
		18	19	20	21
Session 1	6/18 - 6/29	Veggie Quiche / Carrot Cake	Mini Hamburger / Baked Potato Sticks	Mac & Cheese / Carrot Sticks with Yogurt Dip	Whole-wheat Chicken Quesadilla / Blueberry Muffins
		25	26	27	28
		Fish Sticks / Yogurt Chia Pudding	Tuna Sandwich / Quinoa Cookies	Meatballs with Mashed Potatoes	Chicken Tenders with Honey Mustard Dip / Low-sugar Cookies
		2	3	4	5
Session 2	7/2 - 7/13	Green Egg and Bacon Souffle / Blueberry Muffins	Bean Burger / Baked Carrot Sticks	Salmon Cakes / Veggies	Meat Lasagna / Maple Graham Cookies
		9	10	11	12
		Mini Turkey Burger / Banana Muffins	Apple Cinnamon Baked Oatmeal	Tuna Sandwich / Yogurt Chia Pudding	Meat Bolognese / Quinoa Cookies
		16	17	18	19
Session 3	7/16 - 7/27	Chicken Tenders with Honey Mustard Dip / Carrot Cake	Salmon Cakes / Veggies	Meat Lasagna / Maple Graham Cookies	Squash Cakes / Low Sugar Chocolate Chip Cookies
		23	24	25	26
		Veggie Quiche / Carrot Cake	Mini Hamburger / Orange Slices	Egg Salad Sandwich / Blueberry Muffins	Egg and Potato Tortilla / Veggies
		30	31	1	2
Session 4	7/30 - 8/10	Meat Bolognese / Carrot Cake	Meatballs with Mashed Potatoes	Bean Burger / Banana Muffins	Mini Turkey Burger / Orange Slices / Low Sugar Chocolate Chip Cookies
		23	24	25	26
		Meat Lasagna / Maple Graham Cookies	Mac & Cheese / Carrot Sticks with Yogurt Dip	Chicken Tenders with Honey Mustard Dip	Squash Cakes / Low Sugar Chocolate Chip Cookies

Notes: Every meal is accompanied by either fresh fruits or any variety of cooked or pureed fruits (no sugar, not frozen) and a small bottle of water. There are **NO added sugars** (exception: 2 sweet treats per week prepared only with low quantities of either brown sugar, cinnamon, honey, or maple). There will be **NO canned, frozen, or pre-packed foods**. Everything will be freshly-made by Professional Chef Domingo Hernandez. PLEASE DO NOT HESITATE TO CONTACT US IF YOU NEED TO MAKE ANY ADJUSTMENTS.