



KAIZEN JUDO KAI 柔道
COMBATIVE JUDO KAI BUDOKAN



WEEKLY MENU

Sample

		Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	Food	A selection of Fresh Fruits Granola Bar	Boiled Egg Crackers with String Cheese	Banana Mix Dry Fruits	A selection of Fresh Fruits Granola Bar	Boiled Egg Crackers with String Cheese
	Drink	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
Lunch	Food	Turkey wrap (<i>tortilla with turkey, lettuce and cheese</i>) Baby Carrots Fruit Jelly	Meatballs with peas / carrots & a roll Celery Stick Apple Source	Chicken Nuggets with mixed vegetables & a roll Apple Slices Cookies	Tuna wrap (<i>tortilla with tuna, lettuce and tomatoes</i>) Baby Carrots Fruit Jelly	Pizza with Salad Apple Slices Cookies
	Drink	Water	Water	Water	Water	Water
P.M Snack	Food	Crackers with Jam Fruit Yogurt	Breadsticks with hummus String Cheese	Crackers with Jam Celery Sticks	Pretzels, Carrots String Cheese	Crackers with jam Banana
	Drink	100% Apple Juice / Water	100% Apple Juice / Water	100% Apple Juice / Water	100% Apple Juice / Water	100% Apple Juice / Water

ALLERGY INFORMATION - Alternative Options available daily