

Day	Meal	DF/GF variation	Vegetarian variation
Friday supper	Soup, crackers, veggies	Vegetable soup is GF/DF, tomato is not	
Friday snack	Cranberry-orange oatmeal muffins	GF/DF muffins	
Saturday breakfast	Cereal, toast, eggs, fruit	Chex cereal available for GF, soy milk available for DF, DF eggs available	
Saturday snack	Scones, apples	Scones made with GF/DF alternatives	
Saturday lunch	Perogies, sausage, salad	Sweet potato fries	Grilled tofu
Saturday snack	Crackers + cheese	Hummus + vegetables	
Saturday supper	Lasagna, Caesar salad, cake	GF lasagna with noodles, DF lasagna with dairy-free cheese, black bean brownies for dessert, garden salad	Veg lasagna, garden salad
Saturday snack	Wow butter bars		
Sunday breakfast	Cereal, cinnamon buns, sausage, fruit	Chex cereal available for GF, soy milk available for DF, GF/DF cinnamon buns	Tofu scramble
Sunday snack	Fruit		
Sunday lunch	Burgers, veggies, watermelon, cookies	GF buns and burgers available, GF/DF macaroons for dessert	Veggie burgers