

## Canucks Autism Network

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Date	Tuesday August. 27	Wednesday August. 28	Thursday August. 29		
<b>BREAKFAST 8:15-9:15AM</b>		Cold cereal set up Scrambled eggs Sausages Muffins or toast Fruit salad Yogurt Milk Coffee/Tea/Juice Juice	Cold cereal set up Waffle Sausage Berries Whipped cream Syrup Sliced Fruit Milk Coffee/Tea/Juice		
<b>LUNCH 12:00-1:00PM</b>	Tacos (ground beef, refried beans, black beans) Veggies and dip Salad Milk Coffee Juice Tea	Grilled Cheese Tomato soup Veggies and dip Milk Coffee Juice Tea	Hamburgers With all the fixings French Fries Vegetables and dip Salad Milk Coffee Juice Tea		
<b>DINNER 5:30-6:30PM</b>	Macaroni and cheese Smokies Veggies and dip Salad Milk Coffee Juice Tea	Roasted Chicken Mashed Potatoes Cooked Vegetables Salad Rolls Milk Coffee Juice Tea			
<b>SNACK</b>	Fruit (2:45pm)	Ice cream sundae (3:30pm)	Rice Crispy Squares (3:00pm)		
<b>SNACK 7:45PM</b>	S'mores	Popcorn (CAN to Bring)			

**\*Gluten Free, Dairy Free, and Vegetarian options will be available at every meal and snack\***