



2023 Menu

Cardinal Carter CCC



WEEK 1					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	Oatmeal with Banana	Waffles & Berries	Bagels with cream cheese	Cereal With Milk
Morning Snack	FRESH FRUIT				
Lunch	Cod Balls Steamed Veggies Brown Rice	Pasta Bolognese in the Oven	Vegetables & Chicken Stir Fry	Sheppard's Pie	Chicken Soup with Fresh Vegetables and Crackers
Afternoon Snack	Gold Fish Crackers Cucumbers	Apple Sauce & Pita Slices	Homemade Muffins	Apple Slices Made Good Bar	Arrowroot cookies & Fruit Smoothie
Substitution					

WEEK 2					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	English Muffins Butter & Jam	Waffles Fruit Spread	Cinnamon Raisin Toast Butter & Jam	Cereal With Milk
Morning Snack	FRESH FRUIT				
Lunch	Pasta with meat Sause	Chicken Tenders Steamed Green Beans & Peas, Carrots & Corn	Pastas with Broccoli	Grill Cheese & Vegetable Soup with Meatballs	Cheese Pizza
Afternoon Snack	Cheese & Crackers	Veggies & Dip	Homemade Muffins	Trail Mix	Fruit Salad & Cookies
Substitution					

All snacks conform to the standards set in current Child Care and Early Years Act & and the Canada Food Guide

Mixed Cereals include- Cheerios, Corn Flakes, , Mini- Wheat's, Rice Krispy's - Milk & Water are served -Vegetarian, Gluten, Dairy & Egg Free Meals



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WEEK 3					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	Yogurt Berries & Bananas	Toast Butter & Jam	Bagels Cream Cheese	Oatmeal
Morning Snack	FRESH FRUIT				
Lunch	Cod Balls Broccoli Rice	Lasagna	Vegetable Soup & Meatballs Crackers	Meat Loaf Mash Potatoes Broccoli	Rice & Beans with Chicken
Afternoon Snack	Rice Rolls Served With Cream Cheese And Jam	Cheese & Crackers	Homemade Muffins	Veggies & Dip	Gold Fish Crackers & Fresh Seasonal Fruit
Substitution					

WEEK 4					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	Scrambled Eggs & Toast	English Muffin with Butter & Jam	Yogurt With Berries	Cereal With Milk
Morning Snack	FRESH FRUIT				
Lunch	Pasta with Black Bean Sauce	Chicken Tenders Steamed Veggies Brown Rice	Chicken Jambalaya	Mini Sliders French fries	Cheese Pizza
Afternoon Snack	Cheese & Crackers	Seasonal fruit Arrowroot cookies	Homemade Muffins	Rice Rolls Cream Cheese & Jam	Yogurt & Made Good Bars
Substitution					

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Mixed Cereals include- Cheerios, Corn Flakes, , Mini- Wheat's, Rice Krispy's - Milk & Water are served -Vegetarian, Gluten, Dairy & Egg Free Meals