



2026-2027 Child Care Centre Menu



WEEK 1					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am – 9:00am	Cereal with Milk	Hard Boiled/Scrambled Eggs and Whole Wheat Toast	English Muffin with Butter, Cream Cheese or Jam	Fruit Yogurt Smoothie and Arrowroot Cookies	Mini Croissants and Fresh Fruit
Lunch 11:30pm – 12:00pm	Cod Balls and Rice with Mixed Vegetables	Pasta Bolognese and Steamed Carrots	Chicken Soup with Vegetables and Crackers	Taco Bowl (Ground Beef/Chicken, Corn and Cheese) and Cucumbers	Grilled Cheese Sandwiches and Sweet Potato Fries
Afternoon Snack 2:30pm – 3:00pm	Cheese and Crackers	Made Good Bars and Fresh Fruits	Homemade Muffins and Fresh Fruits	Mini Pita with Hummus or Jam and Fresh Fruits	Homemade Trail Mix and Apple Sauce
Substitution					

WEEK 2					DATE:
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal with Milk	Mini Croissants and Fresh Fruit	Hard Boiled/Scrambled Eggs and Whole Wheat Toast	Whole Wheat Bagel with Butter, Cream Cheese or Jam	Waffles with Fresh Fruits
Lunch 11:30am-12:00pm	Mini Sliders with Potato Wedges and Cucumbers	Chicken Strips and Rice with Mixed Vegetables	Pasta with Broccoli and Black Beans	Vegetable Soup with Chicken Meatballs	Cheese Pizza and Cucumbers
Afternoon Snack 2:30pm-3:00pm	Veggie Straws and Fresh Fruits	Crunchy Rice Rolls with Cream Cheese and Jam	Yogurt and Arrowroot Cookies	Homemade Banana Bread and Fresh Fruits	Homemade Cream Cheese and Jam Pinwheel
Substitution					

All meals and snacks conform to the standards set within the current Child Care and Early Years Act and Canada's Food Recommendations Guide.

Milk and Water are served throughout the duration of the whole program.

Mixed Cereals include but are not limited to Cheerios, Multi-Grain Cheerios, Corn Flakes, Rice Krispies and Shreddies.

**** Vegetarian, Gluten-Free, Dairy-Free and Egg-Free Meals are available upon request ****



2026-2027 Child Care Centre Menu



WEEK 3

DATE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal with Milk	Fruit Yogurt Smoothie and Arrowroot Cookies	Mini Croissants and Fresh Fruit	Hard Boiled/Scrambled Eggs and Whole Wheat Toast	Cinnamon Raisin Toast with Butter, Cream Cheese or Jam
Lunch 11:30am-12:00pm	Meatballs with Mashed Potatoes and Steamed Carrots	Cheese Quesadilla with Corn and Black Beans and Sour Cream	Cod Balls with Rice and Mixed Vegetables	Meat Lasagna and Cauliflower	Chicken Soup with Vegetables and Crackers
Afternoon Snack 2:30pm-3:00pm	Cheese and Crackers	Mini Pita with Hummus or Jam and Fresh Fruits	Homemade Trail Mix and Apple Sauce	Made Good Bars and Fresh Fruits	Homemade Muffins and Fresh Fruits
Substitution					

WEEK 4

DATE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal with Milk	Whole Wheat Bagels with Butter, Cream Cheese or Jam	Pancakes with Fresh Fruits	Mini Croissants and Fresh Fruit	Hard Boiled/Scrambled Eggs and Whole Wheat Toast
Lunch 11:30am-12:00pm	Vegetable Soup with Chicken Meatballs	Cheese Pizza and Green Beans	Vegetable and Chicken Stir Fry with Teriyaki Sauce	Chicken Strips with Rice and Mixed Vegetables	Macaroni and Cheese with Steamed Carrots
Afternoon Snack 2:30pm-3:00pm	Veggie Straws and Fresh Fruits	Homemade Banana Bread and Fresh Fruits	Homemade Cream Cheese and Jam Pinwheel	Crunchy Rice Rolls with Cream Cheese and Jam	Yogurt and Arrowroot Cookies
Substitution					

All meals and snacks conform to the standards set within the current Child Care and Early Years Act and Canada's Food Recommendations Guide.

Milk and Water are served throughout the duration of the whole program.

Mixed Cereals include but are not limited to Cheerios, Multi-Grain Cheerios, Corn Flakes, Rice Krispies and Shreddies.

**** Vegetarian, Gluten-Free, Dairy-Free and Egg-Free Meals are available upon request ****