

WEEK 1					DATE_____
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal with Milk	Oatmeal with berries	Toast Butter & Jam	Cinnamon Raisin Toast Butter & Jam	Cereal with Milk
Morning Snack 10:00am	FRESH FRUIT				
Lunch 12:00pm	Pasta with Broccoli	Chicken tenders Steamed veggies	Chicken balls basmati rice Steamed Veggies	Turkey cheese wrap cucumbers	Pizza Chick pea & Cucumber salad
Afternoon Snack 2:30pm	Cheese & Crackers	Mini-Muffins bananas	Veggies & Dip	Rice Rolls Cream Cheese & Jam	Yogurt Granola Bars

WEEK 2					DATE_____
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal with Milk	Fruit Salad & Arrowroot cookies	Waffles & Berries	Toast Cream Cheese	Yogurt Nutri-Grain Bars
Morning Snack 10:00am	FRESH FRUIT				
Lunch 12:00pm	Penne with basil & tomato sauce	Roasted Chicken Basmati rice Steamed veggies	Lasagna	Pancakes Tukey sausage	Grilled Cheese sandwich Cucumber Salad
Afternoon Snack 2:30pm	Gold Fish Crackers Cucumbers	Apple sauce graham Crackers	Arrowroot cookies Yogurt	Banana Bread	Apples Crackers

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, Frosted Flakes, Mini- Wheat's, Rice Krispy's

Milk & Water are served

Vegetarian, Gluten, Dairy & Egg Free Meals

WEEK 3					DATE_____
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	Cereal With Milk	English Muffins Butter & Jam	Pancakes Fruit spread	Cinnamon Raisin Toast Butter & Jam	Waffles & Berries
Morning Snack 10:00am	FRESH FRUIT				
Lunch 12:00pm	Minestrone soup served with Mini Meatballs	Macaroni and cheese Steamed Veggies	Butternut Squash Soup Crackers	Veggie Lasagna	Veal or Chicken in a red sauce broccoli
Afternoon Snack 2:30pm	Cheese & Crackers	Veggies & Dip	Fruit salad Nutri-Grain Bars	Pita served Hummus	Mini-muffins fresh fruit

WEEK 4					DATE_____
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00am-9:00am	English Muffins Butter & Jam	Yogurt Berries & Bananas	Toast Butter & Jam	Bagels Cream Cheese	Cereal with Milk
Morning Snack 10:00am	FRESH FRUIT				
Lunch 12:00pm	Eggs soup Crackers	Cheese & Spinach Cannelloni	Vegetable chicken noodle soup crackers	Fish Sticks Steamed Veggies	Pizza Chickpea & Cucumber salad
Afternoon Snack 2:30pm	Rice Rolls served with Cream Cheese and Jam	Cheese & Crackers	Arrowroot cookies Yogurt	Veggies & Dip	Gold fish crackers Fresh fruit

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Mixed Cereals include- Cheerios, Corn Flakes, Frosted Flakes, Mini- Wheat's, Rice Krispy's

Milk & Water are served

Vegetarian, Gluten, Dairy & Egg Free Meals