

WINTER

## CHILD CARE CENTRES - MENU PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK #1</b>				
Cereal/Milk Water	Oatmeal Breakfast Cake Juice/Water	Bran Muffins Water/Juice	Whole Wheat Pancakes Juice/Water	Bananas & Whole Wheat Toast Water
Stewed Tomatoes Macaroni & Cheese Raw Vegetable Whole Wheat Bread Apples, Pears, Fresh Fruit Milk	Chilli Whole Wheat Toast Salad Apple Crisp Milk	Chicken Stir Fry Whole Pita Wedges Oranges Milk	Whole Wheat Bread Cabbage Roll Casserole Applesauce Milk	Tuna Balls Sweet Potato Fries and Green Beans Whole Wheat Bread Baked Cookies Milk
Apple and Cheese Water/Milk	Yogurt with Fruit Water/Milk	Smoothies Yogurt, Milk, Frozen Fruit & Arrowroot or Graham Cracker Water/Milk	Salsa Pita Wedge Water/Milk	Cheese & Whole Wheat\Low Sodium Crackers Water/Milk
<b>WEEK #2</b>				
Bagels & Cheese (Cheddar, Mozzeralla Harvati), Fruit Water	Fruit Muffins (Blueberry, pumpkin, apple, banana)	Fresh Fruit/Yogurt Water	Cinnamon Raisin Toast Juice/Water	Boiled Eggs, Whole Wheat\Low Sodium Crackers Water
Baked Beans and Salad Whole Wheat Toast Fruit Cocktail Milk	Cucumber Slices Spanish Rice Whole Wheat Bread Canned Pears Milk	Homemade Soup and Tuna/Turkey Sandwiches <small>Soups: Garden Chowder, Butternut Squash, Beef Barley, Broccoli, Potato, Minestrone, Cauliflower, Pea, Chicken Noodle, Vegetable</small> Milk	Carrot Slivers Chicken 'N Broccoli Pie Melon Slices Milk	Lazy Lasagna Salad Bread Sticks Fresh Fruit Milk
Fresh Fruit/Graham Cracker Milk/Water	Spinach & Egg Cheesy Pies Milk/Water	Freezer Yogurt Grahams Milk/Water	Veggies & Dip with Pita Triangle Milk/Water	Cranberry Oatmeal Cookies Water/Milk
<b>WEEK #3</b>				
Cereal with Milk Water	Whole Wheat Toast, Fruit Water	Banana, Oatmeal with Milk Water	Banana Muffins Water	Graham Cracker with Cheddar Cheese Juice/Water
Salad Tuna Noodle Casserole Whole Wheat Dinner Rolls Orange Slices Milk/Water	Sweet & Sour Meatballs Cooked Carrots Whole Wheat Rice Bananas Milk/Water	Homemade Pizza & Salad Applesauce Milk/Water	Shepherd's Pie Red/Green Peppers Whole Wheat Bread Fresh Fruit Milk/Water	Raw Broccoli Lentil with Vegetable Whole Wheat Pasta Soup Fruit Squares Milk/Water
Fresh Fruit Milk/Water	Yogurt/Arrowroot Milk/Water	Fresh Fruit Milk/Water	Breadsticks & Cucumber Strips With Tzatziki Dip Water/Milk	Salsa & Pita Triangle Water/Milk

**WEEK #4**

Whole Wheat Toast, Fruit Water	Oatmeal Juice/Water	Banana Bread Water/Juice	Cereal & Milk Water	Fresh Fruit/Yogurt Water
Beets, Garlic Bread & Cheese Macaroni/Hamburg Casserole Whole Wheat Macaroni Apple Slices Milk	Cooked Broccoli Chicken Souvlaki & Flat Bread Orange Slices Milk	Caesar Salad Macaroni & Cheese Kiwi, Bananas Whole Wheat Biscuits Milk	Homemade Soup and Ham, Cheese and Egg Salad Sandwiches Carrot Muffin Milk	Meatloaf Potatoes Cooked Vegetable (Frozen California Mix) Fruit Salad Milk
Veggies & Dip Milk/Water	Fruit Milk/Water	Cheese & Whole Wheat/Low Sodium Crackers Milk/Water	Fruit Yogurt Parfait, Bran Buds (Strawberries, blueberries, etc.) Milk/Water	Sunny Orange Shake Digestive Cookie or Graham Crackers Milk/Water

**WEEK #5**

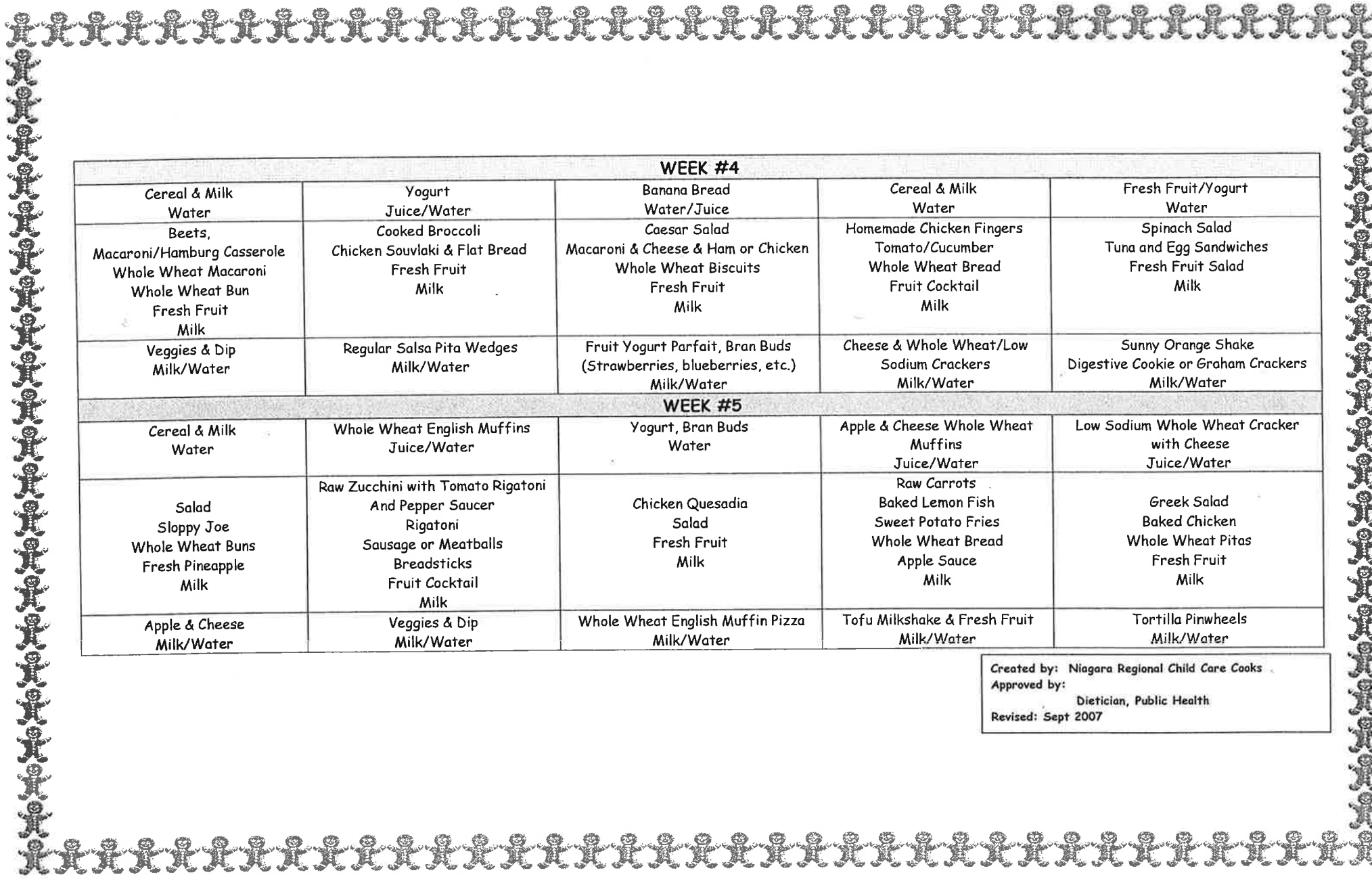
Yogurt, Bran Buds Water	Whole Wheat English Muffins Juice/Water	Cereal & Milk Water	Oatmeal/Apple Muffins Juice/Water	Low Sodium Whole Wheat Cracker with Cream Cheese Juice/Water
Salad Sloppy Joe Whole Wheat Buns Fresh Pineapple Milk	Raw Zucchini with Tomato Rigatoni And Pepper Saucer Rigatoni Sausage or Meatballs Breadsticks Unsweetened Fruit Cocktail Milk	Beef Stew Dumplings Canned Peaches Milk/Water	Baked Lemon Fish Sweet Potato Fries Raw Carrots Fruit Cocktail Milk	Home made Chicken Fingers Tomato/Cucumber Salad Whole Wheat Bread Applesauce Milk
Whole Wheat English Muffin Mini Pizza Milk/Water	Veggies & Dip Milk/Water	Apple and Cheese Milk/Water	Tofu Milkshake Milk/Water	Tortilla Pinwheels Milk/Water

Approved by: Jennifer Hopkins  
Dietician, Public Health

May 5<sup>th</sup>

## CHILD CARE CENTRES - SUMMER MENU PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK #1</b>				
Cereal/Milk Water	Apple Sauce cake Milk/Water	Bran Muffins Milk\Water	Home Made Pancake Mix Juice/Water	Bananas & Whole Wheat Toast Water
Raw Vegetable Stewed Tomatoes Macaroni & Cheese & Ham or Chicken Whole Wheat Bread Fresh Fruit Milk	Chilli Beef Pasta Whole Wheat Toast Salad Fresh Fruit Milk	Chicken Stir Fry Whole Pita Wedges Fresh Fruit Milk	Raw Zuchini Cold Plate Vegetables, Cheese, Meat and Egg Whole Wheat Buns Fresh Fruit Milk	Raw Veggie Tuna Burgers Potato Salad Green Beans Whole Wheat Bread Fresh Fruit Milk
Yogurt with Fruit Water/Milk	Apple and Cheese Water/Milk	Smoothies Yogurt, Milk, Frozen Fruit & Arrowroot or Graham Cracker Water/Milk	Regular Salsa Pita Wedge Water/Milk	Cheese & Whole Wheat\Low Sodium Crackers Water/Milk
<b>WEEK #2</b>				
Cereal & Milk Water	Fruit Muffins (Blueberry, pumpkin, apple, banana) milk\water	Fresh Fruit/Yogurt Water	Cinnamon Raisin Toast Juice/Water	Boiled Eggs, Whole Wheat\Low Sodium Crackers Water
Baked Fish (Sole\Pollock) Brown Rice Bean Salad Whole Wheat Bun Fruit Cocktail Milk	Turkey or Pork Sausage Coleslaw Sweet Potato Fries Whole Wheat Bread Fresh Fruit Milk	Garden Salad Subs - Tuna, Turkey, Lean Ham Watermelon Milk	Raw Veggie Chicken Ceasar Wrap Fresh Fruit Milk	Taco Salad with Pita Chips Fresh Fruit Milk
Fresh Fruit/Graham Cracker Milk/Water	Spinach & Egg Cheesy Pies Milk/Water	Freezer Yogurt Grahams Milk/Water	Veggies & Dip with Pita Triangle Milk/Water	Cranberry Oatmeal Cookies Water/Milk
<b>WEEK #3</b>				
Cereal with Milk Water	Whole Wheat Toast, Fruit Water	Fresh Fruit, Whole Wheat Muffin Water	Banana Muffins Milk\Water	Graham Cracker with Cheddar Cheese Juice/Water
Salad Tuna Noodle Casserole Whole Wheat Dinner Rolls Fresh Fruit Milk	Sweet & Sour Meatballs Cooked Carrots Whole Wheat Rice Fresh Fruit Milk	Homemade Pizza & Salad with Egg Slices Apple Slices Milk	Shepherd's Pie Red/Green Peppers Whole Wheat Bread Fresh Fruit Milk	Raw Veggie Tuna/Macaroni Salad Chicken Parm Strips Fresh Fruit Milk
Fresh Fruit Milk/Water	Frozen Pops/Yogurt Arrowroot Milk/Water	Veggie Tray and Dip Milk/Water	Breadsticks & Cucumber Strips With Tzatziki & Ranch Dip Water/Milk	Salsa & Pita Triangle Water/Milk



**WEEK #4**

Cereal & Milk Water	Yogurt Juice/Water	Banana Bread Water/Juice	Cereal & Milk Water	Fresh Fruit/Yogurt Water
Beets, Macaroni/Hamburg Casserole Whole Wheat Macaroni Whole Wheat Bun Fresh Fruit Milk	Cooked Broccoli Chicken Souvlaki & Flat Bread Fresh Fruit Milk	Caesar Salad Macaroni & Cheese & Ham or Chicken Whole Wheat Biscuits Fresh Fruit Milk	Homemade Chicken Fingers Tomato/Cucumber Whole Wheat Bread Fruit Cocktail Milk	Spinach Salad Tuna and Egg Sandwiches Fresh Fruit Salad Milk
Veggies & Dip Milk/Water	Regular Salsa Pita Wedges Milk/Water	Fruit Yogurt Parfait, Bran Buds (Strawberries, blueberries, etc.) Milk/Water	Cheese & Whole Wheat/Low Sodium Crackers Milk/Water	Sunny Orange Shake Digestive Cookie or Graham Crackers Milk/Water

**WEEK #5**

Cereal & Milk Water	Whole Wheat English Muffins Juice/Water	Yogurt, Bran Buds Water	Apple & Cheese Whole Wheat Muffins Juice/Water	Low Sodium Whole Wheat Cracker with Cheese Juice/Water
Salad Sloppy Joe Whole Wheat Buns Fresh Pineapple Milk	Raw Zucchini with Tomato Rigatoni And Pepper Saucer Rigatoni Sausage or Meatballs Breadsticks Fruit Cocktail Milk	Chicken Quesadia Salad Fresh Fruit Milk	Raw Carrots Baked Lemon Fish Sweet Potato Fries Whole Wheat Bread Apple Sauce Milk	Greek Salad Baked Chicken Whole Wheat Pitas Fresh Fruit Milk
Apple & Cheese Milk/Water	Veggies & Dip Milk/Water	Whole Wheat English Muffin Pizza Milk/Water	Tofu Milkshake & Fresh Fruit Milk/Water	Tortilla Pinwheels Milk/Water

Created by: Niagara Regional Child Care Cooks  
 Approved by:  
 Dietician, Public Health  
 Revised: Sept 2007