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## CHILD CARE CENTRE WEEKLY MENU FALL/WINTER: WEEK ONE

	MORNING SNACK	LUNCH	AFTERNOON SNACK	EVENING SNACK	FOOD GROUP SERVINGS
<b>MONDAY</b>	Banana Blueberry Muffins Milk	Salmon Loaf Garden salad Milk	Herbed Cottage Cheese Spread with Whole Grain Pita Bread Celery sticks Juice/water	Orange Slices	3- Milk & Milk Products 1- Meat/ Alternatives 2- Whole Grains 4-Fruit & Vegetables
<b>TUESDAY</b>	Scrambled Eggs with Multigrain Toast Milk	Baked Tofu Fingers Buttermilk Sweet Potato Puree Steamed Broccoli Milk	Bean Guacamole with Whole Grain Tortillas Juice/water	Apple Slices	3- Milk & Milk Products 2- Meat/Alternatives 3- Whole Grains 4- Fruit & Vegetables
<b>WEDNESDAY</b>	Whole Grain Bagels Plain yogurt and Frozen Berries Milk	Homemade Chicken Fingers Brown Rice Mixed Vegetables Milk	Fruit Tray with Cheese Cubes & Triscuits Juice/Water	Pear Slices	4- Milk & Milk Products 1- Meat/Alternatives 3- Whole Grains 5- Fruit & Vegetables
<b>THURSDAY</b>	Whole Grain Pancakes With Real Maple Syrup Melon Slices Milk	Homemade Soup Cheese Sandwiches Carrot & Celery Sticks Milk	Tuna Salad on Rice Cakes Juice/water	Bananas	3- Milk & Milk Products 2- Meat/Alternatives 2- Whole Grains 4- Fruit & Vegetables
<b>FRIDAY</b>	Wholegrain Cheerios with Milk Orange Juice	Beef Stew Cornbread Grape Tomatoes Milk	Smoothies Honey Apple Carrot Cake Water	Pineapple Pieces	3- Milk & Milk Products 1- Milk/Alternatives 3- Whole Grains 4- Fruit & Vegetables

Menu Prepared By: Karen Lowden, Registered Holistic Nutritionist

**CHILD CARE CENTRE WEEKLY MENU  
FALL/WINTER: WEEK TWO**

	MORNING SNACK	LUNCH	AFTERNOON SNACK	EVENING SNACK	FOOD GROUP SERVINGS
<b>MONDAY</b>	Shreddies Cereal with Milk Apple Juice	Falafels Brown Rice Peas & Corn Milk	Black Bean Dip with Wholegrain Pita Bread Juice/water	Sliced pears	2- Milk & Milk Products 2- Meat/Alternatives 3- Whole Grains 4- Fruit & Vegetables
<b>TUESDAY</b>	Boiled Eggs with Whole grain Toast Milk	Homemade Soup Turkey Sandwiches Carrot and celery sticks Milk	Cheese tray with whole grain crackers Juice/water	Grapes & Kiwi	3- Milk & Milk Products 3- Meat/Alternatives 3-Whole Grains 3- Fruit & Vegetables
<b>WEDNESDAY</b>	Wholegrain Buttered Bagels Melon slices Milk	Spaghetti with Meat Sauce Garlic Toast on Wholewheat Buns Pepper Sticks Milk	Hummus and Plain Rice Cakes Juice/water	Orange slices	2- Milk & Milk Products 2- Meat/Alternatives 2-Whole Grains 4- Fruit & Vegetables
<b>THURSDAY</b>	Wholegrain Pancakes with Homemade Fruit Sauce Milk	Tuna Melts Tossed Salad Milk	Plain Yogurt with Frozen berries Triscuits Juice/water	Apple slices	3- Milk & Milk Products 1- Meat/Alternatives 2- Whole Grains 4-Fruit & Vegetables
<b>FRIDAY</b>	Breakfast Muffins Milk	Chicken Cacciatore with Mashed Potato Steamed Yellow Beans Milk	Smoothies Zucchini apple bread Juice/water	Cantaloupe	3- Milk & Milk Products 1- Meat/Alternatives 2- Whole Grains 5- Fruit & Vegetables

**CHILD CARE CENTRE WEEKLY MENU  
FALL/WINTER: WEEK THREE**

	MORNING SNACK	LUNCH	AFTERNOON SNACK	EVENING SNACK	FOOD GROUP SERVINGS
<b>MONDAY</b>	Cinnamon Apple Raisin Muffins Milk	Chicken in Vegetable Cream Sauce Wholewheat Fettuccine Noodles Steamed Green Beans Milk	Cheese Cubes and Triscuits Juice/water	Orange slices	3- Milk & Milk Products 1- Meat/Alternatives 3- Whole Grains 4- Fruit & Vegetables
<b>TUESDAY</b>	French Toast and Real Maple Syrup Milk	Homemade Soup Tortilla Wraps with Hummus & Tuna Milk	Devilled Eggs and Multigrain Bread with Butter Juice/water	Kiwi and Pineapple chunks	3- Milk & Milk Products 3- Meat/Alternatives 3- Whole Grains 3- Fruit & Vegetables
<b>WEDNESDAY</b>	Whole Grain Bagels Plain Yogurt and frozen berries Milk	Turkey Sheppard's Pie Raw Veggies and Dip Milk	Salsa with Multigrain Tortilla Chips Juice/water	Pear slices	2- Milk & Milk Products 2- Meat/Alternatives 2- Whole Grains 4- Fruit & Vegetables
<b>THURSDAY</b>	Whole grain Pancakes with Homemade Fruit Sauce Milk	Pizza on Whole Wheat English Muffins Caesar Salad Milk	Yogurt Cheese with Wholegrain Pita Bread Juice/water	Apple Wedges	3- Milk & Milk Products 1- Meat/Alternatives 3- Whole Grains 4- Fruit & Vegetables
<b>FRIDAY</b>	Bran Flakes with Banana Slices and Milk Pineapple Juice	Salmon Pasta California Garden Blend Vegetables Milk	Apple Banana Bread Juice/water	Melon Slices	2- Milk & Milk Products 1- Meat/Alternatives 2- Whole Grains 6- Fruit & Vegetables

**CHILD CARE CENTRE WEEKLY MENU  
FALL/WINTER: WEEK FOUR**

	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>AFTERNOON SNACK</b>	<b>EVENING SNACK</b>	<b>FOOD GROUP SERVINGS</b>
<b>MONDAY</b>	Fiber One Cereal with Banana & Milk Cranapple Juice	Homemade Soup Bagel with Cream Cheese Milk	Black Bean Dip Melba Toast Juice/water	Orange Wedge	3- Milk & Milk Products 1- Meat/ Alternatives 2- Whole Grains 5- Fruit & Vegetables
<b>TUESDAY</b>	Omelet with Wholegrain Toast Milk	Homemade Fishsticks Brown rice Diced Squash Milk	Smoothies Zucchini Apple Bread Water	Grapes	3- Milk & Milk Products 2- Meat/Alternatives 3- Whole Grains 3- Fruit & Vegetables
<b>WEDNESDAY</b>	Plain Yogurt and frozen berries Pineapple & Orange Juice Blend	Turkey Chili Homemade Cornbread Garden Salad Milk	Herbed Cottage Cheese spread on Wholegrain Pita Wedge Juice/water	Apple slices	3- Milk & Milk Products 1- Meat/Alternatives 2- Whole Grains 5- Fruit & Vegetables
<b>THURSDAY</b>	Wholegrain Pancakes with Homemade Fruit Sauce Milk	Macaroni and Cheese Oriental Vegetable Blend Milk	Tuna Spread on Rice Cakes Juice/water	Melon Slices	3- Milk & Milk Products 1- Meat/Alternatives 2- Whole Grains 4- Fruit & Vegetables
<b>FRIDAY</b>	Apple/Banana Muffins Milk	Meatloaf Scalloped Potatoes Steamed Broccoli Milk	Cucumber/Carrot/Pepper with Dip Juice/water	Pears	2- Milk & Milk Products 1- Meat/Alternatives 1- Whole Grains 6- Fruit & Vegetables