

WEEK 1 – WINTER / SPRING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cereal With Fresh Fruit & 2% Milk	Egg Omelet, Whole Wheat toast, & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]	Oatmeal with cinnamon with Frozen Berries & 2% Milk	Whole wheat Bagels with Fruit Jam & 'wow' soy butter & 2% Milk	Scrambled eggs with whole wheat toast, and 2% Milk [Grilled cheddar cheese toast is served if vegetarian]
Lunch	Mixed Vegetable Casserole on Rice (<i>cremini/brown/white mushrooms, kidney beans, chick peas, onions, spinach, sweet potato, tomato, tomato paste</i>), Rice, Green Salad [kale, cucumbers, tomato & dressing] with Fresh Fruit & 2% Milk	Chicken Sandwich [Chicken breast, romaine lettuce, Monterey Jack &/ cheddar cheese, mayonnaise, celery, Italian herbs, turmeric, sweet onions on whole wheat], Carrots, Broccoli and poppy seed dressing, Fresh Fruit & 2% Milk	Vegetable Minestrone Soup (<i>Red kidney beans, Kale/spinach, sweet corn, Stewed Tomato onions, celery, carrots, garlic, turmeric, Greek herbs, garlic, ginger, rice, vegetable stock</i>) with Grilled Cheddar Cheese Sandwiches, Fresh Fruit & 2% Milk	Vegetable Quesadilla [mushroom, cannellini beans, avocado, Cheddar & Monterrey Jack cheese, onions, <i>refried beans, garlic, tomato paste, turmeric, sea salt, pepper, ginger, Italian herbs in a tortilla</i>], Spanish Rice [Rice, tomato, onions, corn, sweet peppers], Cucumber and Carrot sticks, Fresh Fruit & 2% Milk	Chicken Cacciatore [Corn, Chicken breast, stewed tomato, kale, parsley, onions, Italian herbs, mushrooms, orange pepper, turmeric, wheat germ] on Pasta, Garlic Bread, Fresh Fruit & 2% Milk
Vegetarian	n/a	Vegetable sweet potato, bean Burger Wrap	n/a	n/a	Soy Protein, Corn and Zucchini Stew [Zucchini, corn, tofu, stewed tomato, onion, Italian herbs, wheat germ, turmeric on Pasta]
PM Snack	Fruit Explosion Muffins with [Bran Muffin Mix with baked Fruit], with Fresh Fruit & 2% milk	Nachos with Salsa and Shredded Cheddar Cheese, cucumber slices & Water	"Shredded Carrot Bran Muffin" With Fresh Fruit & 2% milk	"Banana WoWrito" [Banana and wow butter rolled in a Tortilla] & 2% Milk	Yogurt, Oat Granola, Fresh Fruit with Water



**Menu is subject to change. Fresh Fruit may vary depending on seasonal availability, check fruit chart*

NOTES: Water is available as a beverage throughout the day and during all meal times.

- Only Peanut, tree-nut & Shellfish free products served
- Any child who is present at the centre after 5:30pm is offered a dry snack (*list of snacks located on "Classroom Menu chart"*).

WEEK 3 – WINTER/SPRING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cereal Fresh Fruit & 2% Milk	Egg Omelette, whole wheat toast & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]	Yogurt, granola & Fresh Fruit	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cereal Fresh Fruit & 2% Milk	Scrambled Eggs & Whole wheat toast & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]
Lunch	White Bean Soup [cannellini beans, sweet potato, potato, celery, onions, vegetable stock, garlic, carrots, turmeric, parsley, Sweet Corn & zucchini salad (<i>Corn kernels, zucchini, cherry tomatoes, lemon juice, Italian seasoning</i>), Garlic Bread, Fresh Fruit & 2% Milk	Tuscan Chicken Pasta [chicken breast, tomatoes, onions, mushrooms, black olives, carrots, zucchini, sun-dried tomato, shredded cheddar cheese, Pasta] with soy-spreaded bread, Cucumber slices, Fresh Fruit & 2% Milk	Vegetable stew [<i>sweet potato, ginger, vegetable stock, tomato, onions, carrots, celery, red kidney beans, chick peas, lime, stewed tomato, turmeric, chili seasoning</i>] w/ Rice/Couscous, Cucumber Slices Fresh Fruit & 2% Milk	Chicken salad sandwich [<i>shredded chicken breast, shredded romaine lettuce, sweet onion, celery, cheddar cheese, Mayonnaise, whole wheat bread</i>] with Broccoli Salad [broccoli, carrot, strips, poppy seed dressing, cranberries], Fresh Fruit & 2% Milk	Tofu Vegetable Stir Fry [Rice, blackbeans, onions, corn, beets, pineapple, tofu, celery, spinach, soy sauce, thai seasoning, tumeric, lemon juice, salt, pepper] with Garden Salad [iceberg lettuce, shredded carrot, pickles, black olives, sweet onions] & Fresh Fruit & 2% Milk
Vegetarian	n/a	Tofu Vegetable Stew [tofu, tomato, zucchini, corn, tomatoes, onions, mushrooms, black olives, carrots, zucchini, sun-dried tomato, pasta]	n/a	Veggie salad sandwich (<i>high protein veggie burger, cucumbers, cheese, tomatoes, orange peppers, romaine lettuce</i>)	n/a
PM Snack	Fruit Explosion Muffin [Bran/banana/ carrot muffin baked with fresh fruit], Fresh Fruit & 2% Milk	Non-Bake Oatmeal bar, fresh fruit and 2% Milk	Marble Cheddar Cheese, Whole Wheat crackers with Cucumber&Carrot Sticks & Water	Oatmeal/Ginger Biscuits, Fresh Fruit and 2% Milk	Fresh Fruit & Water



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WEEK 2 – WINTER/SPRING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cereal With Fresh Fruit & 2% Milk	Scrambled Eggs/ Omelette in Tortilla & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]	Shredded Wheat Squares/Rice Krispies/Corn Flakes Cereal With Fresh Fruit & 2% Milk	Yogurt, Granola & Fresh Fruit	Scrambled Eggs/ Omelette with Whole wheat toast & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]
Lunch	Thai Vegetable Stir Fry (onions, Bok Choy, celery, sweet pepper, corn, black beans, Sweet Potato, pineapple, carrots, coconut cream/coconut milk) with Seasoned Egg Fried rice, Garden Salad (kale, tomatoes, roasted beets), Fresh fruit & 2% Milk	Make your own Chicken Burgers [<i>Chicken breast, Mayonnaise, shredded Lettuce, cheddar cheese, sweet onion slivers, celery, olive oil, sea salt, turmeric, garlic, ginger on Whole Wheat bread</i>] with Tomato, Cucumber & sweet Orange &/Yellow Pepper slices with Fresh Fruit & 2% Milk	Lazy Bake Lasagna (<i>Layered -zucchini, eggplant, sweet onion, spinach, Green & Red pepper, broccoli, tomato paste & sauce, garlic, ginger, turmeric, salt and black pepper, Pasta & mozzarella/cheddar cheese & Monterey Jack Cheese</i>) w/ Garden salad (<i>roasted beets, stripped carrots, Kale, lemon juice, Italian dressing, seasoning</i>), Fresh Fruit & 2% Milk	Pineapple, veggie and cheese Pizza (<i>Pita, pizza sauce, orange peppers, onion, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese</i>) with Mixed Salad (<i>Romaine Lettuce, Shredded Carrots, Cucumber & / Avocado</i>), Fresh Fruit & 2% Milk	Cheese up your Mac! (<i>elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk</i>) w/ green lentils, green & orange peppers and corn salad (<i>oil, lemon juice, garlic</i>), Fresh Fruit & 2% Milk
Vegetarian	Tofu Vegetable Fried Rice	Veggie High Protein Sweet potato Burger	n/a	n/a	n/a
PM Snack	Oatmeal/ Ginger biscuits, Fresh Fruit and 2% milk	Pin-Wheels, Carrot, Celery, Sweet Peppers strips, seasoned cream and Cheddar cheese wrapped in a tortilla, & Water	Bran/Banana Wheat Germ/Oat Bran Muffin with Fresh Fruit and 2% Milk	Bruschetta with Melba/rusk toast [<i>sliced tomatoes, parsley, garlic, red onion, olive oil on Melba/Rusk Toast</i>], Cheddar Slices & Water	Granola Oat bar, Fresh Fruit & 2% Milk



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WEEK 4 - WINTER/SPRING MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Shredded Wheat Squares/Rice Krispies/Corn Flakes Cereal With Fresh Fruit & 2% Milk	Oatmeal with Cinnamon, Dried Fruit/Fresh Fruit & 2% Milk	Omelette in a Tortilla & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]	Waffles with fruit jam & margarine, Fresh Fruit & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]	Scrambled eggs in a Tortilla & 2% Milk [Grilled cheddar cheese toast is served if vegetarian]
Lunch	Cheese up your Mac! <i>(elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk)</i> w/ green lentils, green & orange peppers and corn salad <i>(oil, lemon juice, garlic),</i> Fresh Fruit & 2% Milk	Spanish Frittatas <i>(garlic, onions, carrot, zucchini, Broccoli, eggs, cream, spinach, cheddar cheese, chicken bacon),</i> soy-spread on bread, Green Salad [spring mix/romaine lettuce, Kale, carrot strips, cucumber, lemon juice], Fresh Fruit & 2% Milk	White Bean Soup [White Kidney Beans, onions, vegetable stock/ kale, celery, carrots, pasta, sweet potato, Chicken Breast, salt, turmeric, garlic, black pepper, with Grilled Cheese cheddar /Monterey Jack sandwiches with Corn , Black, Olive, Fresh Fruit & 2% Milk	Egg Salad Sandwich [eggs, mayonnaise, celery, salt, pepper, sweet onions], Cucumber Cheese Sandwich [shredded cheddar cheese, sliced cucumber, sweet onions, sweet peppers, cucumber, celery, salt, pepper], Bean Salad [kidney beans, black beans, chick peas, lemon juice, salt, pepper, sweet green pepper, tomatoes, pasta, black olives, turmeric], Fresh Fruit & 2% Milk	Chicken Salad Sliders [Chicken Breast, sweet onions, celery, fresh parsley, Italian herbs, sweet peppers, garlic, ginger,] w/ Whole Wheat Bun, Cole Slaw <i>(Cabbage, stripped carrots, Kale, lemon juice, Italian seasoning, cole slaw dressing),</i> Fresh Fruit & 2% Milk
Vegetarian	n/a	High Protein Patty	White and Chick pea Soup	n/a	<i>Soy and Black Bean vegetable slider</i>
PM Snack	Fresh Fruit with Oatmeal Biscuits & 2% Milk	Pin-Wheels [Carrot, Celery, Sweet Peppers strips, seasoned cream and Cheddar cheese wrapped in a tortilla] & Water	Carrot Muffins <i>[whole wheat flour, butter, wheat germ, shredded carrots, brown sugar]</i> With Fresh Fruit & 2% Milk	Melba toast/Rusk Toast with Cheddar Cheese slices With Fresh Fruit & Water	Yogurt, granola bars & Fresh Fruit & Water



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