

## WEEK 1 – SUMMER / FALL MENU

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

**\*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 free products served
- Any child who is present at the centre after 5:30pm is offered a dry snack *(list of snacks located on the chart).*



## WEEK 2 –SUMMER/ FALL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Yogurt, Granola &amp; Fresh Fruit</b>	<b>Scrambled Eggs/ Omelette in Tortilla &amp; 2% Milk</b> [Cottage cheese/cheese toast is served if vegetarian]	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes Cereal With Fresh Fruit &amp; 2% Milk</b>	<b>Fruit smoothie</b> [yogurt, frozen berries &/pineapple &/mango &/bananas, wheat germ, honey] with <b>granola</b>	<b>Scrambled Eggs/ Omelette with Whole wheat toast &amp; 2% Milk</b> [Cottage cheese/cheese toast is served if vegetarian]
<b>Lunch</b>	<b>Thai Coconut curry with Tofu/Paneer</b> (Tofu/paneer, onions, bok choy, celery, sweet pepper, eggplant, carrot strips, coconut cream/coconut milk,) <b>with rice, Garden Salad</b> (romaine lettuce, tomatoes, avocado, zucchini), <b>Fresh fruit &amp; 2% Milk</b>	Make your own <b>Chicken Burgers</b> [chicken breast, Mayonnaise, shredded Lettuce, cheddar cheese, sweet onion slivers, celery, olive oil, sea salt, turmeric, garlic, ginger on Whole Wheat bread] <b>with Tomato, Cucumber &amp; sweet Orange &amp;/Yellow Pepper slices with Fresh Fruit &amp; 2% Milk</b>	<b>Lazy Bake Lasagna</b> (Layered Pasta, with Lean Ground Beef, zucchini, sweet onion, Green & Red pepper, tomato paste & sauce, garlic, ginger, turmeric, salt and black pepper, mozzarella/cheddar cheese & Monterey Jack Cheese) <b>w/ Garden salad</b> (Romaine Lettuce, cucumbers & stripped carrots, Kale, lemon juice, Italian seasoning), <b>Fresh Fruit &amp; 2% Milk</b>	<b>Pineapple, veggie and cheese Pizza</b> (Pita, pizza sauce, orange peppers, onion, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese) with <b>Mixed Salad</b> (Romaine Lettuce, Shredded Carrots, Cucumber & / Avocado), <b>Fresh Fruit &amp; 2% Milk</b>	<b>Zucchini Herb Casserole with Chicken Breast &amp;</b> [rice, zucchini, pineapple, chicken breast, carrots, sweet onions, garlic, tomato, cheddar cheese], <b>Rice, Broccoli Crowns, Fresh Fruit &amp; 2% Milk</b>
<b>Vegetarian</b>	n/a	<b>Veggie High Protein Sweet potato Burger</b>	Lazy Bake Vegetable Soy Lasagna	n/a	<b>Zucchini Vegetable Herb Casserole</b> [Zucchini, Stewed Tomato, vegi soya ground, onions, Cheddar cheese, turmeric]
<b>PM Snack</b>	<b>Carrot Muffins, Fresh Fruit &amp; 2% Milk</b>	<b>Whole Wheat Crackers, wow soy butter, Carrot &amp; Celery sticks &amp; Water</b>	<b>Bran/Banana Wheat Germ/Oat Bran Muffin with Fresh Fruit and 2% Milk</b>	<b>Bruschetta with Melba/rusk toast</b> [sliced tomatoes, parsley, garlic, red onion, olive oil on Melba/Rusk Toast], <b>Cheddar Slices &amp; Water</b>	<b>Yogurt, Granola and Fresh Fruit Water</b>

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## WEEK 3 – SUMMER/ FALL MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes Cereal Fresh Fruit &amp; 2% Milk</b>	<b>Egg Omelette, whole wheat toast &amp; 2% Milk</b> <small>[cottage cheese/cheese toast is served if vegetarian]</small>	<b>Yogurt, granola &amp; Fresh Fruit</b>	<b>English Muffins with 'wow' soy butter with fruit jam &amp; 2% Milk</b>	<b>Scrambled Eggs &amp; Whole wheat toast &amp; 2% Milk</b> <small>[Cottage cheese/cheese toast is served if vegetarian]</small>
<b>Lunch</b>	<b>White Bean Soup</b> <small>[Cannellini beans, onions, vegetable stock, garlic, carrots, corn, turmeric, parsley,</small> <b>Sweet Corn &amp; zucchini salad</b> <small>(Corn kernels, zucchini, cherry tomatoes, lemon juice, Italian seasoning),</small> <b>Garlic Bread, Fresh Fruit &amp; 2% Milk</b>	<b>Tuscan Chicken Pasta</b> <small>[chicken breast, tomatoes, onions, mushrooms, black olives, carrots, zucchini, sun-dried tomato, Pasta] with</small> <b>soy-spreaded bread, Cucumber slices, Fresh Fruit &amp; 2% Milk</b>	<b>Yellow Lentil Dahl</b> <small>(yellow lentils, ginger, vegetable stock, tomato, onions, carrots, lime, milk, pad thai paste),</small> <b>w/ Rice, Cucumber Slices Fresh Fruit &amp; 2% Milk</b>	<b>'Make your own' Chicken salad sandwich</b> <small>(shredded chicken breast, shredded romaine lettuce, sweet onion, , cheddar cheese, Mayonnaise, whole wheat bread) with</small> <b>Broccoli Salad</b> [broccoli, carrot, strips, poppy seed dressing, cranberries], <b>Fresh Fruit &amp; 2% Milk</b>	<b>Lean Beef Vegetable Pasta,</b> <small>[Tomato Pasta Sauce, onion, Mozzarella cheese, basil, Italian herbs, salt, pepper, tomato sauce, pasta topped with breadcrumbs],</small> <b>Garlic Bread, Garden Salad</b> [romaine lettuce/spring mix, cucumbers, tomato with dressing], <b>Fresh Fruit &amp; 2% Milk</b>
<b>Vegetarian</b>	n/a	<b>Tofu Vegetable Stew</b> [tofu, tomato, zucchini, corn, tomatoes, onions, mushrooms, black olives, carrots, zucchini, sun-dried tomato]	n/a	<b>Veggie salad sandwich</b> <small>(high protein veggie burger, cucumbers, cheese, tomatoes, orange peppers, romaine lettuce)</small>	<b>Vegi. Soy Pasta</b>
<b>PM Snack</b>	<b>Fruit Explosion Muffin</b> [Bran/banana/ carrot muffin baked with fresh fruit], <b>Fresh Fruit &amp; 2% Milk</b>	<b>Marble Cheddar Cheese, crackers with Carrot Sticks &amp; Water</b>	<b>Banana/lemon poppy seed, Bread Muffins Fresh Fruit &amp; 2% Milk</b>	<b>Herbed Bread with Tomato Sauce, Cucumber slices, sliced cheddar cheese &amp; Water</b>	<b>Yogurt Hummus</b> <small>[Hummus, Yogurt, Tahini] with sliced whole wheat pita, Fresh Fruit &amp; Water</small>

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## WEEK 4 - SUMMER/FALL MENU

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<b>AM Snack</b>	Shredded Wheat Squares/Rice Krispies/Corn Flakes Cereal With Fresh Fruit & 2% Milk	Oatmeal with Cinnamon, Fresh Fruit & 2% Milk	Omelette in a Tortilla & 2% Milk <small>[Cottage cheese /cheese toast is served if vegetarian]</small>	Waffles with fruit jam &/ margarine, Fresh Fruit & 2% Milk <small>[Cottage cheese/cheese toast is served if vegetarian]</small>	Scrambled eggs in a Tortilla & 2% Milk <small>[Cottage cheese /cheese toast is served if vegetarian]</small>
<b>Lunch</b>	<b>Cheese up your Mac!</b> <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> , with Fresh Fruit & 2% Milk	<b>Spanish Frittatas</b> <i>(garlic, onions, carrot, zucchini, Broccoli, eggs, cream, spinach, cheddar cheese)</i> , <b>soy-spreaded bread,</b> <b>Green Salad</b> [spring mix/romaine lettuce, Kale, carrot strips, cucumber, lemon juice], Fresh Fruit & 2% Milk	<b>Shredded Mexican Chicken with Rice</b> <small>[chicken breast, Italian herbs, tomato paste, turmeric, Green &amp; Red Peppers, onions, Zucchini, chipotle seasoning]</small> on Rice with Romaine Lettuce, Tomato, green and red pepper, shredded cheddar /Monterey Jack Cheese, Salsa & Spanish Rice, Fresh Fruit & 2% Milk	<b>Egg Salad Sandwich</b> <small>[eggs, mayonnaise, celery, salt, pepper, sweet onions],</small> <b>Cucumber Cheese Sandwich</b> [shredded cheddar cheese, sliced cucumber, seasoned sour cream, green onions,salt, pepper], <b>Bean Salad</b> [kidney beans, black beans, chick peas, lemon juice, salt, pepper, sweet green pepper, chopped celery, tomatoes, pasta, black olives, feta, turmeric], Fresh Fruit & 2% Milk	<b>Jerk Chicken Sliders</b> [Chicken Breast, onions, tomato paste, fresh parsley, Italian herbs, sweet peppers, garlic, ginger, bbq sauce, jerk seasoning, brown sugar] w/ <b>Whole Wheat Bun, Cole Slaw</b> <i>(Cabbage, stripped carrots, Kale, lemon juice, Italian seasoning,)</i> , Fresh Fruit & 2% Milk
<b>Vegetarian</b>	n/a	n/a	Refried Bean/high protein vegetable Rice	n/a	Soy Protein vegetable slider
<b>PM Snack</b>	Melba toast with Cheddar Cheese slices With Fresh Fruit & Water	Wow Butter with rice cakes, fresh fruit and water	<b>Carrot Muffins</b> <small>[whole wheat flour, butter, wheat germ, shredded carrots, brown sugar]</small> With Fresh Fruit & 2% Milk	Fresh Fruit with Oatmeal Biscuits & 2% Milk	Yogurt, granola, Fresh Fruit & Water



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