



Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fresh Fruit Milk	Oatmeal Fresh Fruit Milk	Bagels Cream Cheese Milk	Fruit Muffins Fresh Fruit Milk	Yogurt Granola Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Lazy Beef and Cabbage Casserole Fresh Fruit Milk	Egg Salad Sandwiches Garden Salad Fresh Fruit Milk 	Chicken Quesadillas Fresh Vegetables Fresh Fruit Milk	Fish Casserole Cooked Vegetables Fresh Fruit Milk	Turkey Subs Cucumber Wheels Fresh Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Arrowroot Cookies Fruit Salad Water	Banana Scones Water	Tuna Salad Melba Toast Water	Pudding Fresh Fruit Water	Cheerio Squares Fresh Fruit Water

Week 3


Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fresh Fruit Milk	Pancakes & Syrup Fresh Fruit Milk	Yogurt Granola  Milk	Oatmeal Fresh Fruit Milk	English Muffins w jam Fresh Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Macaroni N Cheese with Tuna Cooked Vegetables Fresh Fruit Milk	Chicken Burgers with Mayo Garden Salad Fresh Fruit Milk	Spanish Rice and Beef Cooked Vegetables Fresh Fruit Milk	Broccoli Cheddar Soup Ham Pinwheels Fresh Fruit Milk	Bean and Cheese Empanada Garden Salad Fresh Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Fresh Vegetables Crackers Dip and Water	Apple Slices Cream Cheese Dip Water	Cinnamon Raisin Bagels Cream Cheese Water	Lemon Loaf Fresh Fruit Water	Ice Cream Fresh Fruit Water

Fruit could be: apples, pears, grapes, varieties of melons, bananas, oranges, etc.
 All toast and sandwich bread are whole wheat
 Alternative meals will be provided for allergy and cultural reasons
 (Menus may be altered at each location due to centre needs and availability)

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fresh Fruit Milk	Yogurt Granola Milk	Oatmeal Fresh Fruit Milk	Boiled Eggs English Muffin Milk	Toast and Jam Fresh Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Sweet & Sour Pork Mashed Potato Cooked Vegetables Fresh Fruit Milk	Beef Tacos Cucumber Wheels Fresh fruit Milk 	Curry Cauliflower Soup Tuna Sandwiches Fresh Fruit Milk	Bean Bolognese Garden Salad Fresh Fruit Milk 	Chicken and Mushroom Egg Rolls Cous Cous Vegetables Fresh Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Graham Crackers Apple Sauce Water	Chocolate Zucchini Bread Water	Fresh Vegetables Crackers Dip and Water	Pizza Sticks Water	Jell-O Fresh Fruit Water

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
A.M Snack	A.M Snack	A.M Snack	A.M Snack	A.M Snack
Cereal Fresh Fruit Milk	Waffles with Jam Fresh Fruit Milk	Tea Biscuits Fresh Fruit Milk	Yogurt Granola Milk	Oatmeal Fresh Fruit Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Taco Bean Soup Corn Muffins Fresh Fruit Milk	Fish Burgers with Tzatziki Sauce Fresh Vegetables Fresh Fruit Milk	Butter Chicken Rice Cooked Vegetables Fresh Fruit Milk	Sloppy Joes Garden Salad Fresh Fruit Milk 	Cheese and Pepperoni Pizza Tomato and Cucumber Salad Fresh Fruit Milk
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Cream Cheese and Jam Roll- Ups Water	Peach Cobbler Water	Celery Cream Cheese Water	Chocolate Chips Cookies Fresh Fruit Water	Egg Salad Melba Toast Water

Vegetables could be: peppers, carrots, cucumber, tomatoes, celery, corn, peas, beans, carrots, broccoli, cauliflower, etc.

