Week 1	Week 2

Monday

A.M Snack

Cereal

Fresh Fruit

Tuesday

A.M Snack

Yogurt

Granola

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

			211511111111111111111111111111111111111	
Milk	Milk	Milk	Milk	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Sweet & Sour	Beef Tacos	Curry	Bean Bolognese	Chicken and
Pork	Cucumber	Cauliflower	Garden Salad	Mushroom Egg
Mashed Potato	Wheels	Soup	Fresh Fruit	Rolls
Cooked	Fresh fruit	Tuna	Milk	Cous Cous
Vegetables	Milk	Sandwiches		Vegetables
Fresh Fruit		Fresh Fruit		Fresh Fruit
Milk		Milk		Milk
	(3)			
P.M Snack	P.M Snack	P.M Snack	P.M Snack	P.M Snack
Graham	Chocolate	Fresh	Pizza Sticks	Jell-O
Crackers	Zucchini Bread	Vegetables	Water	Fresh Fruit
Apple Sauce	Water	Crackers		Water
Water		Dip and Water		
	Lunch Sweet & Sour Pork Mashed Potato Cooked Vegetables Fresh Fruit Milk P.M Snack Graham Crackers Apple Sauce	Lunch Sweet & Sour Pork Mashed Potato Cooked Vegetables Fresh Fruit Milk P.M Snack Graham Crackers Apple Sauce Lunch Beef Tacos Cucumber Wheels Fresh fruit Milk P.M Snack Chocolate Zucchini Bread Water	LunchLunchLunchSweet & Sour PorkBeef Tacos CucumberCurry CauliflowerMashed Potato CookedWheels Fresh fruitSoup TunaVegetables Fresh Fruit MilkMilk MilkSandwiches Fresh Fruit MilkP.M SnackP.M SnackP.M SnackGraham CrackersChocolate Zucchini Bread Apple SauceFresh Vegetables Crackers	Milk Milk Milk Milk Milk Lunch Lunch Lunch Sweet & Sour Pork Cucumber Cauliflower Garden Salad Fresh Fruit Tuna Milk P.M Snack P.M Snack P.M Snack Graham Crackers Apple Sauce Milk Milk Milk Milk Milk Milk Milk Mile Milk Milk Milk Milk Milk Milk Milk Milk

Wednesday

A.M Snack

Oatmeal

Fresh Fruit

Thursday

A.M Snack

Boiled Eggs

English Muffin

Friday

A.M Snack

Toast and Jam

Fresh Fruit

Week 3

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

Week 4

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

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

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)

