



• MENU - week 1 •

MONDAY

AM snack

cereal
fruit
milk

lunch

homemade goulash
garden salad
milk

PM snack

yogurt with granola
fruit
water

TUESDAY

AM snack

toast with jam
fruit
milk

lunch

meatballs and rice
veggies
milk

PM snack

meat and veggie dip
crackers
milk

WEDNESDAY

AM snack

eggs and crackers
fruit
milk

lunch

homemade beef soup
bread
milk

PM snack

trail mix
fruit
milk

THURSDAY

AM snack

cereal
fruit
milk

lunch

pot pie with veggies and
potato
milk

PM snack

gingerbread loaf
milk

FRIDAY

AM snack

cheese tea biscuits
fruit
milk

lunch

tuna melts
garden salad
milk

PM snack

bean brownies
custard
water

Guidelines that we follow:

- Menu is planned in accordance with the Canada Food Guide.
- Preference is given to grain products that are whole wheat or whole grain.
- Serve milk 2-3 times per day (2%).
- Water is always available.
- Fruits served may include: apples, oranges, grapes, bananas, pears, plums, strawberries, raspberries, blueberries, honeydew melon, cantaloupe, watermelon, pineapple.
- All baked goods are made with whole wheat and white flour.
- We are a peanut-free facility.
- Products that “may contain peanuts” are not permitted in the Infant Room.
- Veggies for children in the Infant and Toddler Rooms will be steamed.



• MENU - week 2 •

MONDAY

AM snack

cereal
fruit
milk

lunch

homemade pizza
salad
milk

PM snack

banana bread
fruit
water

TUESDAY

AM snack

bagels
fruit
milk

lunch

chili
pita bread
milk

PM snack

veggie tray
rice cakes
milk

WEDNESDAY

AM snack

eggs and crackers
fruit
milk

lunch

homemade chicken soup
bread/rolls
milk

PM snack

yogurt
fruit
milk

THURSDAY

AM snack

cereal
fruit
milk

lunch

spaghetti w/meatballs
salad
milk

PM snack

pita w/salsa
fruit
milk

FRIDAY

AM snack

crackers
apple sauce
milk

lunch

chicken, broccoli, rice
casserole
veggies
milk

PM snack

apple muffins/loaf
fruit
milk

Guidelines that we follow:

- Menu is planned in accordance with the Canada Food Guide.
- Preference is given to grain products that are whole wheat or whole grain.
- Serve milk 2-3 times per day (2%).
- Water is always available.
- Fruits served may include: apples, oranges, grapes, bananas, pears, plums, strawberries, raspberries, blueberries, honeydew melon, cantaloupe, watermelon, pineapple.
- All baked goods are made with whole wheat and white flour.
- We are a peanut-free facility.
- Products that “may contain peanuts” are not permitted in the Infant Room.
- Veggies for children in the Infant and Toddler Rooms will be steamed.



• MENU - week 3 •

MONDAY

AM snack

cereal
fruit
milk

lunch

homemade hamburgers
potato wedges
milk

PM snack

apples
cheese
milk

TUESDAY

AM snack

toast
fruit
milk

lunch

chicken fettuccini
milk

PM snack

fruit muffins
milk

WEDNESDAY

AM snack

eggs and crackers
fruit
milk

lunch

homemade tomato soup
grilled cheese
milk

PM snack

trail mix
fruit
milk

THURSDAY

AM snack

cereal
fruit
milk

lunch

macaroni and cheese
salad
milk

PM snack

oatmeal/bran cookies
fruit
milk

FRIDAY

AM snack

fruit scones
fruit
milk

lunch

roast pork
carrot, peas, potato,
gravy
milk

PM snack

fruit tray
dip
milk

Guidelines that we follow:

- Menu is planned in accordance with the Canada Food Guide.
- Preference is given to grain products that are whole wheat or whole grain.
- Serve milk 2-3 times per day (2%).
- Water is always available.
- Fruits served may include: apples, oranges, grapes, bananas, pears, plums, strawberries, raspberries, blueberries, honeydew melon, cantaloupe, watermelon, pineapple.
- All baked goods are made with whole wheat and white flour.
- We are a peanut-free facility.
- Products that “may contain peanuts” are not permitted in the Infant Room.
- Veggies for children in the Infant and Toddler Rooms will be steamed.



• MENU - week 4 •

MONDAY

AM snack

cereal
fruit
milk

lunch

pancakes
sausage
fruit
milk

PM snack

apples
cheese
milk

TUESDAY

AM snack

toast
fruit
milk

lunch

pineapple ham
rice
milk

PM snack

yogurt
fruit
milk

WEDNESDAY

AM snack

eggs and crackers
fruit
milk

lunch

homemade hamburger soup
bread
milk

PM snack

oatmeal cookies
milk

THURSDAY

AM snack

cereal
fruit
milk

lunch

homemade beans
rolls/butter
milk

PM snack

rice cakes
fruit
milk

FRIDAY

AM snack

banana bread
fruit
milk

lunch

sheppard's pie
fruit
milk

PM snack

veggie sticks
dip
milk

Guidelines that we follow:

- Menu is planned in accordance with the Canada Food Guide.
- Preference is given to grain products that are whole wheat or whole grain.
- Serve milk 2-3 times per day (2%).
- Water is always available.
- Fruits served may include: apples, oranges, grapes, bananas, pears, plums, strawberries, raspberries, blueberries, honeydew melon, cantaloupe, watermelon, pineapple.
- All baked goods are made with whole wheat and white flour.
- We are a peanut-free facility.
- Products that "may contain peanuts" are not permitted in the Infant Room.
- Veggies for children in the Infant and Toddler Rooms will be steamed.