

# WEEK 1 – WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal</b> sprinkled with chia seeds, <b>Fresh Fruit &amp; Dairy /Almond/ Soy Milk</b>	<b>Egg Omelet, Whole Wheat toast, Fresh Fruit &amp; Water</b> [Cheddar cheese Melt is served if pure vegetarian]	<b>Yogurt smoothie bowls with Fresh Fruit and granola</b> [fruit layered with yogurt topped with granola]	<b>Pancakes with maple syrup, fresh fruit &amp; Dairy/Almond/ Soy Milk</b> [Cheddar cheese Melt is served if pure vegetarian]	<b>French Toast</b> with chia seeds & Maple Syrup, <b>Fresh Fruit and Dairy/Almond/ Soy Milk</b> [Cheddar cheese Melt is served if pure vegetarian]
<b>Lunch</b>	<b>Vegetable Minestrone Soup</b> <i>[Red Kidney &amp; Romano Beans, Kale/spinach, Sweet Corn, Stewed Tomato onions, celery, carrots, garlic, turmeric, Greek herbs, garlic, ginger, rice, vegetable stock, barley, celery seed, Pasta]</i> <b>Whole Wheat Grilled Cheddar Cheese, Fresh Fruit &amp; Dairy /Almond/ Soy Milk</b>	<b>Chicken Stir Fry With Egg Noodles</b> [Chicken breast, mushrooms, bell peppers, onions, snow peas, broccoli, carrots, soy sauce, honey, corn starch] <b>Corn, zucchini and carrot salad</b> [corn, zucchini, carrots, black olives, chia seeds Italian dressing], <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Vegetable Quesadilla</b> [mushroom, cannellini & refried beans, avocado, Cheddar & Monterrey Jack cheese, onions, garlic, tomato paste, turmeric, sea salt, pepper, ginger, celery seed, Italian herbs in a tortilla], <b>Spanish Rice</b> [Rice, tomato, onions, corn, turmeric, sweet peppers], <b>Cucumber and Carrot sticks, Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Butter Chicken with Rice</b> <i>[Chicken Breast, butter, onion, garlic, tomato sauce, cream, garam &amp; tandoori masala, celery seed, wheat germ, yogurt],</i> <b>on Rice [corn, onion, peas, rice]</b> <b>Chopped Salad</b> [Cucumbers, Shredded lettuce & shredded carrot] <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Vegetable Lentil Barley soup</b> <i>[carrot, red lentils, barley, celery, tomato, onions, mixed beans, vegetable broth, turmeric, Italian herb, black pepper, celery seed]</i> <b>Potato Salad</b> [Potato, pickle juice, carrots, boiled eggs, garlic, pickles, mayo, black pepper, salt, turmeric, celery seed] <b>With Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>
<b>Vegetarian</b>	n/a	<b>Soy Protein, Corn and Zucchini Stir Fry with Sweet Potato Noodles</b> [Zucchini, corn, Ground Soy, stewed tomato, onion, Italian herbs, wheat germ, turmeric on Pasta]	n/a	<b>Butter chickpea and bean/paneer on Rice</b> [bean/paneer, butter, onion, garlic, tomato sauce, cream, garam & tandoori masala, yogurt]	n/a
<b>PM Snack</b>	<b>Nachos with Salsa and Shredded Cheddar Cheese, cucumber/sweet pepper slices &amp; Water</b>	<b>Fruit Explosion Muffins</b> with [Bran Muffin Mix baked with fresh fruit & chia seeds], with <b>Apple Sauce Fruit dip &amp; Water</b>	<b>W.W. Crackers &amp; Cheese with Carrot and Cumber Slices with Ranch Dip &amp; Water</b>	<b>No Bake Granola Bites</b> with Yogurt Dip with <b>Fresh Fruit &amp; Water</b>	<b>Yogurt smoothie bowls with Fresh Fruit and granola</b> [fruit layered with yogurt topped with granola]

**\*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. Toddlers are served whole milk.

- Only 'PEANUT and CASHEW' FREE products served – menu may change slightly depending on availability, nutritional content will remain
- Any child who is present at the centre after 5:30pm is offered a dry low sugar snack



## WEEK 2 – WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal With Fresh Fruit &amp; Dairy /Almond/ Soy Milk</b>	<b>No Bake Granola Bites with Yogurt Dip with Fresh Fruit &amp; Water</b>	<b>French Toast with Maple Syrup, Fresh Fruit and water</b> [Cheddar cheese Melt is served if pure vegetarian]	<b>Scrambled Eggs/ Omelet with Whole wheat toast, Fresh Fruit &amp; Water</b> [Open face grilled cheese toast is served if vegetarian]	<b>Pancakes with Maple Syrup and chia seeds, Fresh Fruit and Dairy /Almond/ Soy Milk</b> [Cheddar cheese Melt is served if pure vegetarian]
<b>Lunch</b>	<b>Cheese up your Mac!</b> <i>[elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk]</i> <b>Sweet Corn &amp; zucchini salad</b> <i>[Corn kernels, zucchini, cherry tomatoes, black beans, lemon juice, Italian seasoning],</i> <b>Garlic Bread &amp; Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Egg and Red Lentil Curry with Naan bread &amp; Cucumber &amp; Carrot, sweet Orange &amp;/Yellow Pepper slices with Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Chicken Breast Fingers with sweet and yellow Potato wedges and Broccoli Crowns, Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Pumpkin/Sweet Potato Soup</b> <i>[Pumpkin, Sweet Potato, vegetable broth, barley, turmeric, celery seed, tomato, ginger, garlic]</i> <b>With Garlic Bread w/ Garden salad</b> <i>[Romaine Lettuce, cucumbers &amp; stripped carrots, Kale, lemon juice, Italian seasoning],</i> <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Chicken Baked Meatballs</b> <i>[chicken breast, onion, zucchini, black olives, Cheddar and Monterey Jack Cheese, celery seed, egg, flour, bread crumbs]</i> with <b>Mixed Pasta Salad</b> <i>[Romaine Lettuce, Black Beans, Shredded Carrots, Pasta &amp; Cucumber],</i> <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>
<b>Vegetarian</b>	<b>N/A</b>	<b>Veggie High Protein Sweet potato Burger</b>	<b>High Protein Bean burger fingers</b>	<b>N/A</b>	<b>N/A</b>
<b>PM Snack</b>	<b>Bran/Banana Wheat Germ/Oat Bran Muffin with wheat germ with Fresh Fruit and Dairy /Almond/ Soy Milk</b>	<b>Yogurt smoothie bowls with Fresh Fruit and granola</b> [fruit layered with yogurt topped with granola]	<b>Trail Mix</b> [popcorn with nutritional yeast, life cereal, dried apricots & cranberries, cheerios, low sodium pretzels] <b>with Fresh Fruit</b>	<b>Mini Quiche</b> [egg, flour, corn, spinach, turmeric, onions, salt, garlic, ginger, celery seed, feta cheese, cheddar cheese/sunflower/pumpkin seeds, oil, butter] with Salsa Dip & Water	<b>Bran/Banana Wheat Germ/Oat Bran Muffin with wheat germ with Fresh Fruit and Dairy /Almond/ Soy Milk</b>

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## WEEK 3 – WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes/Cheerios Cereal, Fresh Fruit &amp; Soy Milk</b>	<b>Breakfast Quesadillas and Water</b> [Cheddar cheese Melt is served if pure vegetarian]	<b>No Bake Granola Bites with Yogurt Dip with Fresh Fruit &amp; Water</b>	<b>Pancakes with Maple Syrup, Fresh Fruit &amp; Soy Milk</b> [Cheddar cheese Melt is served if pure vegetarian]	<b>Whole wheat French toast with Maple Syrup &amp; Fresh Fruit</b> [Cheddar cheese Melt is served if pure vegetarian]
<b>Lunch</b>	<b>Vegetarian Chili</b> [cremini/brown/white mushrooms, black beans, cannellini beans, broccoli, onions, green beans, bell peppers, tomato, celery seed, tomato paste], <b>Potato Wedges with Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Tomato Soup and Grilled Cheese Sandwich</b> [onion, tomato paste, stewed tomatoes, vegetable broth, celery seed, small pasta] with <b>Cheddar Grilled Cheese Sandwiches &amp; Bean Salad</b> [kidney beans, black beans, chick peas, lemon juice, salt, pepper, sweet green pepper, chopped celery, tomatoes, pasta, black olives, feta, celery seeds, lemon juice, turmeric] & <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Chicken salad sandwich</b> [shredded chicken breast, shredded romaine lettuce, red/orange sweet peppers, cheddar cheese, sweet onion slivers, celery seed, celery slivers, Mayonnaise, whole wheat bread] with <b>Broccoli Salad</b> [broccoli, carrot, strips, poppy seed dressing, cranberries], <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Pineapple, veggie and cheese Pizza</b> [Pita, pizza sauce, orange peppers, sweet onion slivers, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese] with <b>Mixed Salad</b> [Romaine Lettuce, Shredded Carrots & Cucumber], <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Chicken Tortilla Soup</b> , [Chicken breast, onion, Italian diced tomatoes, bell pepper, herbs, celery seed, salt, pepper, spinach, tomato paste, black beans, vegetable broth, paprika, salsa, corn, cilantro, lime juice, cumin], <b>Garlic Bread, Greek Salad</b> [cucumbers, tomato, feta, chick peas, black olives with dressing], <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>
<b>Vegetarian</b>	N/A	N/A	<b>Vegetable sweet potato, Bean Burger</b>	N/A	<b>Veggie noodle soup</b> [Tofu, carrots, corn, chick pea, spinach, white beans, onions, pasta, tomato paste]
<b>PM Snack</b>	<b>Fruit Explosion Muffin</b> [Bran/banana/ carrot muffin baked with fresh fruit], <b>Fresh Fruit &amp; yogurt cinnamon dip</b>	<b>Mini Quiche</b> [egg, flour, corn, spinach, carrots, turmeric, onions, salt, garlic, ginger, celery seed, cheddar cheese/sunflower/pumpkin seeds, oil, butter] with Salsa Dip & Water	<b>Grain/Marble Bagels</b> with Cinnamon wow butter Spread with <b>Fresh Fruit &amp; Water</b>	<b>W.W.Crackers &amp; Cheese with Carrot and Cucumber Slices with Ranch Dip &amp; Water</b>	<b>Trail Mix</b> [popcorn with nutritional yeast, life cereal, dried apricots & cranberries, cheerios, low sodium pretzels] with <b>Fresh Fruit yogurt parfait &amp; Water</b>

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Updated- 02-02-2020



## WEEK 4 – WINTER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	<b>Shredded Wheat Squares/Rice Krispies/Corn Flakes/ Cheerios Cereal</b> Sprinkled with chia seeds With <b>Fresh Fruit &amp; soy milk</b>	<b>Whole Wheat Chia Seed French Toast sticks with Maple Syrup, Fresh Fruit and Water</b> [Open face grilled cheese toast is served if vegetarian]	<b>Whole wheat Open Face Cheese Melt &amp; Fresh Fruit</b>	<b>Granola , Yogurt and fresh fruit</b>	<b>Scrambled eggs on Whole Wheat Toast, fresh Fruit</b> [Open face grilled cheese toast is served if vegetarian]
<b>Lunch</b>	<b>Cheese up your Mac!</b> <i>[elbow macaroni, Cheddar and Monterey Jack Cheese, garlic, turmeric, Cream, Milk],</i> <b>Romano beans, white kidney beans, black beans, black olives, sweet peppers, Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Pineapple, Veggie and cheese Pizza</b> <i>[Pita, pizza sauce, orange peppers, sweet onion slivers, zucchini, black olives, pineapple, Cheddar and Monterey Jack Cheese] with</i> <b>Mixed Salad</b> <i>[Romaine Lettuce, Shredded Carrots &amp; Cucumber],</i> <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Butter Chicken with Rice</b> <i>[Chicken Breast, butter, onion, garlic, tomato sauce, cream, garam &amp; tandoori masala, celery seed, wheat germ, yogurt],</i> <b>on Rice [corn, onion, peas, rice]</b> <b>Chopped Salad</b> <i>[Cucumbers, Shredded lettuce &amp; carrot]</i> <b>Fresh Fruit &amp; Dairy/Almond/ Soy Milk</b>	<b>Czech Potato Soup</b> <i>[Potato, carrots, corn, garlic, celery, onions, vegetable broth, parsley, mushrooms],</i> <b>Bean Salad</b> [kidney beans, black beans, chick peas, lemon juice, salt, pepper, sweet green pepper, chopped celery, tomatoes, pasta, black olives, feta, celery seeds, turmeric], <b>Fresh Fruit &amp; Dairy /Almond/ Soy Milk</b>	<b>Tuscan Pasta</b> <i>[Chicken breast, Tomato sauce, Italian herbs, tomato paste, spinach, celery seeds, turmeric, onions, salsa, zucchini, carrots, corn]</i> <b>ON PASTA</b> <b>with Romaine Lettuce, Tomato, green and red pepper, shredded cheddar /Monterey Jack Cheese, Fresh Fruit &amp; Dairy /Almond/ Soy Milk</b>
<b>Vegetarian</b>	n/a	n/a	Tofu/Paneer Vegetable Curry with Rice	n/a	Bean Vegetable Pasta
<b>PM Snack</b>	<b>Crackers &amp; Cheese with Carrot and Cumber Slices</b> with Ranch Dip <b>&amp; Water</b>	<b>No Bake Granola Bar</b> with Yogurt Cinnamon Dip, <b>Fresh Fruit &amp; Water</b>	<b>Yogurt Parfait with fresh fruit and granola</b> <b>Water</b>	<b>Carrot Muffins</b> <i>[whole wheat flour, butter, wheat germ, shredded carrots, Chia seed, brown sugar]</i> <b>With Fresh Fruit &amp; Water</b>	<b>No Bake Granola Bar</b> with Yogurt Cinnamon Dip, <b>Fresh Fruit &amp; Water</b>

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- Dairy and milk alternatives are served

