



Fall Menu - September-
December Week 1

The Child Care and Early Years Act requires child care centres to follow the recommendations in Health Canada's document "Canada's Food Guide".

Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
• <i>Fruit or Vegetable</i>				Blueberries	Pumpkin Smoothies
• <i>Grain Product</i>	Shreddies	Raisin Bran Muffins	Bagels	Oatmeal & Cinnamon	Graham Crackers
• <i>Milk Product</i>	Milk	Milk	Yogurt		
Lunch	Chicken Stew	Salmon Balls	Cabbage Roll Casserole	Homemade Vegetarian Lasagna	Baked Potato & Cheddar Soup
• <i>Meat or Alternative</i>	Chicken	Salmon	Ground Beef		
• <i>Grain Product</i>	Cheese Tea Biscuits	Whole Wheat Pasta w/ Classic Herb dressing	Brown Rice	Whole Wheat Pasta	Whole Wheat Bread With Butter
• <i>Vegetables</i>	Potatoes Mixed Vegetables	Mixed Vegetables	Cabbage, Tomato and Zucchini	Diced tomatoes Spinach, zucchini	Potatoes Assorted Vegetables
• <i>Milk Product</i>	Cheddar Cheese Milk	Cheese Milk	Milk	Cheese Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Stew with Chick Peas	Cheese Chunks	Soya Meat		Potato and Vegetable Soup
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Bananas	Guacamole			Lemon Zucchini Loaf
• <i>Grain Product</i>		Nacho Chips	Whole Wheat Crackers	Pretzel Cereal Mix	
• <i>Milk Product</i>	Vanilla Pudding	(Infants Pita Pockets)	Sliced Cheese		

Please Note:

- Water will be served/offered at all meals
- Infants will be served homogenized milk, 2% to Toddlers and Preschoolers
- All bread, crackers, rice and pasta served will be whole wheat unless otherwise notated
- The last Friday of every month will be "Birthday Cake Friday"
- Recipes are available in kitchen for review and copy
- On occasion there are supply and product irregularities in which case the menu is subject to change, all menu changes will be posted
- Fresh fruit served at all snacks and lunches



Fall Menu Sept-Dec
Week 2

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Grain Products

1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	All Bran Cereal Milk	Applesauce Banana Muffins	Toast & Cinnamon spread	Apple Cinnamon Quinoa	Fruit Smoothie Arrowroot Cookies
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Minestrone Soup	Chicken Pot Pie	Tuna Rice Casserole	Pancakes & Brown Beans	Beef Fajitas
• <i>Meat or Alternative</i>	Kidney Beans	Chicken	Tuna	Brown Beans	Ground Beef
• <i>Grain Product</i>	Whole Wheat Pasta Whole Wheat Crackers	Pastry Shell	Whole Wheat Rice	Homemade Pancakes	Whole Wheat Tortilla's
• <i>Vegetable</i>	Assorted Vegetables in Soup	Mixed Vegetables in Pie	Assorted Vegetables	Cucumber Slices	Mixed Peppers, Salsa
• <i>Milk Product</i>	Milk	Milk	Cheddar Cheese Milk	Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Chick Peas in Pie	Black Beans/Chick Peas		Black Beans
Afternoon Snack	Vegetables Sticks Cheddar Cheese Spread	Mandarin Oranges Whole Wheat Pitas	Salsa Triscuits Cheese Chunks	Salmon Salad Naan Bread	Wow Butter Whole Wheat Crackers
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Fall Menu Sept.-Dec.
Week 3

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1.5-2.5 slices/175 -450 ml

Fruits and Vegetables

2-2.5 whole fruits or 250-300ml
vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cheerios Milk	Zucchini Loaf/Muffins	Whole Wheat Bagels Cream Cheese	Apple-Cinnamon Smoothie Tea Biscuits	Wow Butter Whole Wheat English Muffins
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Sweet & Sour Meatballs	Vegetable Omelette	Broccoli Cheddar Soup	Baked Fish w/ Mushrooms	Beef Macaroni Casserole
• <i>Meat or Alternative</i>	Chicken Meatballs	Eggs	Whole Wheat Crackers Broccoli and Onions Cheese Milk	Fish Fillets	Ground Beef
• <i>Grain Product</i>	Whole Wheat Noodles	English Muffins w/butter		Basmati Rice	Whole Wheat Noodles
• <i>Vegetable</i>	Mixed Vegetables	Peppers, Mushrooms, Onions		Mixed Vegetables	Tomatoes
• <i>Milk Product</i>	Milk	Milk		Cheese Milk	Mixed Vegetables Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>				Falafel's	Rice and Vegetables
Afternoon Snack	Apple Crisp Milk	Pizza Dip Triscuits	Pineapple Whole Wheat Melba (infants crackers) Cream Cheese Spread	Fruit Nacho Chips (infants pitas) Yogurt Dip	Wow Butter Cookies
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Fall Menu Sept.-Dec.
Week 4

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Fruits and Vegetables

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vegetables or fruits

Milk Products

250-375ml/1-1.5 cups

Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	All Bran Cereal Milk	Brown Beans & Toast	Apple Sauce Graham crackers	Pumpkin Muffins Milk	Ancient Grains Porridge
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Cheesy Bow-Tie Pasta	Sloppy Joes	Salmon Quiche	Korean Stir-Fry	Tomato Soup & Grilled Cheese
• <i>Meat or Alternative</i>	Bow Tie Pasta Broccoli & Cauliflower Cheese Milk	Ground Beef Whole Wheat Rolls Assorted Vegetables Milk	Salmon Pastry Crust Cooked Carrots Milk	Ground Chicken Chow Mein Noodles Vegetable Medley Milk	Whole Wheat Bread Pepper Sticks Cheese Milk
• <i>Grain Product</i>					
• <i>Vegetable</i>					
• <i>Milk</i>					
• <i>Fruit</i>					
• <i>Alternative</i>	Tomato Sauce	Vegetarian Meat	Rice with Vegetables	Vegetarian Meat	Vegetable Soup
Afternoon Snack	Bananas Yogurt	Spinach Dip Pumpnickel Bread	Carrot Muffins Milk	Whole Wheat Pitas Cream Cheese	Homemade Fruit Salad Greek Pitas
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Fall Menu Sept.-Dec.
Week 5

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vegetables or fruits

Milk Products

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Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
• <i>Fruit or Vegetable</i>		Apple Sauce	Banana Bread	Scrambled Eggs	
• <i>Grain Product</i>	Corn Bran Cereal	Naan Bread		Assorted Crackers	Cinnamon Raisin Bagels
• <i>Milk Product</i>	Milk				Vanilla Smoothie
Lunch	Chicken Potato Curry	Meat Loaf	Tuna Melts	Vegetarian Chili	French Toast
• <i>Meat or Alternative</i>	Chicken	Ground Beef	Tuna	Assorted Beans	Brown Beans, Egg
• <i>Grain Product</i>	Whole Wheat Rice	Bread Crumbs	Whole Wheat English Muffins	Multi-grain Nacho Chips	Whole Wheat Bread
• <i>Vegetable</i>	Tomato & Onion	Cucumber Slices Sweet Potatoes Fries	Mixed Vegetables	Vegetable Medley	Pepper Slices
• <i>milk</i>	Milk	Milk	Cheese Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Falafel's	Vegetarian Loaf	Cheese Melts		Falafel (vegetarian)
Afternoon Snack					
• <i>Meat or Alternative</i>		Fresh Fruit	Apple Butter	Chunky Chicken Salad	Wow Butter
• <i>Fruit or Vegetable</i>				Pepper Sticks	Banana Slices on top
• <i>Grain Product</i>	Spice Cookies	Arrowroot Cookies	Homemade Tea Biscuits	Triscuits	Whole Wheat Crackers
• <i>Milk Product</i>		Yogurt			

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- Fresh fruit served at all snacks and lunches