



Fall and Winter
Menu - 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>					Apple Sauce
• <i>Grain Product</i>	Rice Krispies	Toast	Cereal Granola	Mandarin Orange Bread	Graham Crackers
• <i>Milk Product</i>	Milk	Cream cheese	Yogurt	Milk	
Lunch	Tuna Melts	Baked Potato and Cheddar Soup	Spaghetti with Meat Sauce	Vegetarian Chili	Chicken Rice Crisp
• <i>Meat or Alternative</i>	Tuna	Potatoes	Ground Beef	Bean Medley	Ground chicken
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Whole Wheat Bread	Whole Wheat Noodles Whole Wheat Toast	Whole Wheat Rolls Quinoa	Whole Wheat Rice
• <i>Vegetables</i>	Sliced Cucumbers	Assorted Vegetables	Vegetables in Sauce Tomato Sauce	Vegetable Medley	Broccoli and Cauliflower
• <i>Milk Product</i>	Cheddar Cheese Milk	Cheddar Cheese Milk	Milk	Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Cheese Melts	Potato & Vegetable Soup	Vegetable sauce		Soya Crisp
Afternoon Snack					
• <i>Meat or Alternative</i>		Hummus			
• <i>Fruit or Vegetable</i>			Fruit Salad	Vegetable Assortment	Wow Butter (Soy Based)
• <i>Grain Product</i>	Pretzel Cereal Mix	Triscuits	Arrowroot Cookies	Whole Wheat Crackers	Breton Crackers
• <i>Milk Product</i>					

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/Cupcake 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 and Winter
Menu - Week 2

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>					
• <i>Grain Product</i>	Cornflakes	Oatmeal Blueberry Muffins	Cereal Mix	Whole Wheat Bagels	Whole Grain Toast
• <i>Milk Product</i>	Milk			Cream Cheese	Cheese Slices
Lunch	Mini Pizzas	Macaroni and Cheese	Beefy Beans	Vegetable/Chicken and Chow Mein	Tuna Rice Casserole
• <i>Meat or Alternative</i>			Ground Beef Bean Medley	Chicken	Tuna
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Whole Wheat Macaroni	Bread and Butter	Chow Mein Noodles	Whole Wheat Rice
• <i>Vegetable</i>	Raw Vegetables	Mixed Vegetables	Peas	Assorted Vegetables	Assorted Vegetables
• <i>Milk Product</i>	Mozzarella Cheese Milk	White Cheese Sauce Milk	Milk	Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Tomato Sauce	Vegetarian Meat		Black Beans
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>		Mandarin Oranges		Wow Butter and Banana	Carrot Sticks
• <i>Grain Product</i>	Ritz Crackers	Whole Wheat Pitas	Assorted Crackers	Sandwiches	Breton crackers
• <i>Milk Product</i>	Vanilla Pudding		Cheddar/ Mozzarella Cheese Cubes		Cream 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/Cupcake 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 and Winter
Menu - Week 3

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	Cheerios Milk	Fruit Salad Assorted Crackers	Banana Applesauce Muffins	Shreddies Milk	Apple Butter Whole Wheat English Muffins
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Chicken and Chili	Salmon Balls & Rice	Sweet & Sour Meatballs	Sloppy Joes	Broccoli Cheddar Soup & Sandwiches
• <i>Meat or Alternative</i>	Ground chicken Bean Medley	Salmon	Chicken	Beef	Eggs
• <i>Grain Product</i>	Whole Wheat Rolls	Brown Rice	Whole Wheat Noodles	Whole Wheat Rolls	Whole Wheat Pitas
• <i>Vegetable</i>	Assorted Vegetables	Mixed Vegetables	Mixed Vegetables	Assorted Vegetables	Broccoli, Onions
• <i>Milk Product</i>	Milk	Cheese Milk	Milk	Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetarian Meat	Chick peas, Rice & Vegetables	Falafel (Vegetarian)	Vegetarian Meat	Cheddar Cheese and Pitas
Afternoon Snack	Whole Wheat Pitas Cream Cheese	Bananas Yogurt	Vegetable Platter Fishy Crackers	Fruit Salsa Tortilla Chips (pitas for infants)	Wow Butter Graham Crackers
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Milk Product</i>					

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/Cupcake 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 and Winter
Menu - Week 4

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	Unsweetened Apple Sauce Naan Bread	Cereal Mix Glass of Milk	Fruit Smoothies Graham Crackers	Crispex Cereal Milk	Banana Bread
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Korean Stir-Fry	Jamaican Bean Casserole	Baked Fish	BBQ Chicken & Noodles	Hamburger Soup
• <i>Meat or Alternative</i>	Ground Chicken	Ground Beef & Beans	Fish Fillets	Ground Chicken	Ground Beef
• <i>Grain Product</i>	Noodles	Corn Chips	Brown Rice	Garlic Butter Noodles	Whole Wheat Noodles Whole Wheat Buns
• <i>Vegetable</i>	Vegetable Medley	Assorted Vegetables	Mushrooms Assorted Raw Vegetables	Carrots	Assorted Vegetables Tomato Juice
• <i>milk</i>	Milk	Cheddar Cheese Milk	Marble Cheese Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetarian Meat	Vegetarian Meat	Rice, Chick Peas & Vegetables	Vegetarian Meat	Meatless Soup
Afternoon Snack	Salsa Triscuits Cheese Chunks	Banana Slices Premium Plus Crackers Yogurt	Spinach Dip Pumpernickel Bread	Pizza Dip Breton Crackers	Graham Crackers Vanilla Pudding
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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/Cupcake 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 and Winter
Menu - Week 5

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	Corn Bran Cereal Milk	Waffles Yogurt Dip	Toasted Raisin Bread	Fruit Smoothies Graham Crackers	Raspberry Muffins
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Beef Stroganoff	Parmesan Chicken	Minced Meat & Gravy	Ratatouille	Butter Chicken/Rice
• <i>Meat or Alternative</i>	Ground Beef	Chicken	Ground Beef	Whole Wheat Pasta Egg Plant, Zucchini, Squash Milk	Chicken Strips
• <i>Grain Product</i>	Whole Wheat Penne Pasta	Brown Rice	Potatoes, Peas and Carrots Milk		Whole Wheat Rice
• <i>Vegetable</i>	Assorted Vegetables	Cucumber Slices			Boiled Carrot Sticks Tomato Soup
• <i>milk</i>	Milk	Milk			Milk
• <i>Fruit</i>	Vegetarian Meat	Vegetarian Meat			Vegetarian Meat
• <i>Alternative</i>			Falafel (vegetarian)		
Afternoon Snack	Spice Cookies	Assorted Pepper Sticks Triscuits Creamy Zucchini Dip	Apple Crisp Milk	Crackers Cheddar Cheese Slices	Apple Butter Bagels
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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/Cupcake 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