



**Spring and Summer
Menu – Week 1**

The Child Care and Early Years Act require 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	All Bran Cereal Glass of Milk	Pita pockets Yogurt	Whole grain toast Cheese slice	Applesauce Graham crackers	Oatmeal Muffins Milk
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Salmon Balls and Rice	Spaghetti with Meat Sauce	Chicken and Cheese Sandwiches	Black Bean and Sweet Potato Chili	BBQ Chicken & Quinoa Salad
• <i>Meat or Alternative</i>	Salmon	Ground Beef	Ground Chicken	Black Beans	Chicken Pieces Black Beans
• <i>Grain Product</i>	Brown Rice	Spaghetini Noodles	Whole Wheat Bread	Corn Bread	Whole Wheat Rolls
• <i>Vegetable</i>	Mixed Vegetables	Caesar Salad	Cucumbers Slices	Sweet Potatoes and Mixed Vegetables	Corn, Onions, Tomatoes Peppers
• <i>Milk Product</i>	Cheddar Cheese Milk	Mozzarella Cheese Milk	Cheese Milk	Milk	Milk
• <i>Fruit</i>	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
• <i>Alternative</i>	Chick Peas & black Beans	Tomato, Vegetable Sauce			Vegetarian Meat
Afternoon Snack	Vegetables Premium Plus Crackers Cheese cubes	Hummus Bretton Crackers	Fruit Scones	Fruit Salsa Tortilla Triangles	Vegetables Bagels Cream Cheese
• <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, rice, pasta served will be whole wheat
- Fresh fruit will be served with all snacks and lunches

- The last Friday of every month will be “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



**Spring and Summer
Menu – 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	Cereal Mix Milk	Banana Slices Toasted Whole Grain Bagels Wow Butter	Banana Applesauce Muffins	Shreddies and Milk	Blueberry Waffles Yogurt
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Confetti Sloppy Joes	Parmesan Chicken	Chickpea and Vegetable Salad	Egg Salad & Tuna- Apple Sandwiches	Macaroni and Cheese
• <i>Meat or Alternative</i>	Ground Beef	Chicken Strips	Chickpeas	Egg and Tuna	Whole Wheat Macaroni Garden Salad White Sauce & Cheese Milk Seasonal Fresh Fruit Tomato Sauce
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Brown Rice	Pita/Tortilla	Whole Wheat Rolls	
• <i>Vegetable</i>	Mixed Vegetables, Peppers	Spinach Salad	Potatoes, Lettuce Cucumber, Cabbage	Raw Vegetables on the Side	
• <i>Milk Product</i>	Milk	Milk	Cheese Chunks Milk	Milk	
• <i>Fruit</i>	Seasonal Fresh Fruit	Strawberries in Salad Seasonal Fresh Fruit	Apple in Salad Seasonal Fresh Fruit	Seasonal Fresh Fruit	
• <i>Alternative</i>	Vegetarian Meat	Vegetarian Substitute		Cheese Sandwiches	
Afternoon Snack	Applesauce Whole Wheat Crackers	Hummus Raw Vegetables Whole Wheat Tortillas Triangles	Pretzel Cereal Mix	Raw Vegetables Baked Pitas	Apple Wedges Graham Crackers Wow butter
• <i>Meat or Alternative</i>					
• <i>Fruit & Vegetables</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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**Spring and Summer
Menu – Week 3**

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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	Rice Krispies Milk	Fresh Melon Arrowroot Cookies	Fruit Muffins(blueberry, Banana, apple, pumpkin)	Bananas Whole Wheat Bagel	Cinnamon Toast Milk
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Korean Lo-Mein Stir Fry	Chicken Cacciatore	Bean Stew	Vegetable Pasta Salad	Taco Salad
• <i>Meat or Alternative</i>	Ground beef	Ground chicken	Mixed Beans	Tuna	Ground beef
• <i>Grain Product</i>	Rice Noodles	Whole Wheat Noodles	Whole Wheat Bread	Whole wheat pasta	Whole Grain Nacho Chips
• <i>Vegetable</i>	Carrot, Cabbage, Zucchini	Celery, Pepper, Mushrooms, Tomatoes	Onions, Carrots, Celery, Peas, Mushrooms	Carrots, Peppers, Peas, Cucumber, Zucchini	Salsa and Lettuce
• <i>Milk Product</i>	Milk	Milk	Milk	Cheese chunks Milk	Shredded Cheese Milk
• <i>Fruit</i>	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
• <i>Alternative</i>	Black Beans & Chick Peas	Chick Pea Cacciatore		Cheese or Tuna wraps	Vegetarian Meat Infants, Pita Pockets
Afternoon Snack	Ritz Crackers Cheese Slices	Pear or Banana slices Cottage Cheese	Homemade Fruit Salad Breton Crackers	Triscuits Creamy Zucchini Dip	Granola Yogurt
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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**Spring and Summer
Menu – Week 4**

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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					
• <i>Fruit or Vegetable</i>				Pumpkin Smoothies	Apples Sauce
• <i>Grain Product</i>	Corn bran cereal	Waffles	Toasted Raisin Bread	Dry Cheerios	Graham Crackers
• <i>Milk Product</i>	Milk	Yogurt Dip			
Lunch	Sweet & Sour Meatballs	Chicken with Roasted Potatoes	Bean Burritos	Beef and Pasta Bake	Cold Plate
• <i>Meat or Alternative</i>	Chicken Meatballs	BBQ Chicken	Refried beans	Ground Beef	Hard Boiled Eggs
• <i>Grain Product</i>	Brown Rice	Roasted Potatoes	Tortilla shells	Whole Wheat Pasta	Whole Wheat Buns
• <i>Vegetable</i>	Mixed Vegetables	Mixed Vegetables	Lettuce & Tomatoes Jicama Apple Slaw	Onions, Mushrooms, Peppers, Tomatoes	Potato Salad
• <i>Milk Product</i>	Milk	Milk	Grated Cheese Milk	Shredded Cheese Milk	Cheese Cubes Milk
• <i>Fruit</i>	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
• <i>Alternative</i>		Soya Crisp		Vegetarian Substitute	Tuna Sandwiches
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Carrot Sticks	Strawberries & Kiwi Mix	Apple Butter	Vegetables Whole Wheat Bagels	Wow butter and banana Sandwiches
• <i>Grain Product</i>	Fish Crackers	Pita Pockets	Graham Crackers		
• <i>Milk Product</i>	Tzatziki Dip	Cheese		Cheese Cubes	Glass of Milk

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**Spring and Summer
Menu – Week 5**

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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					
• <i>Fruit or Vegetable</i>				Melon Slices	Wow Butter
• <i>Grain Product</i>	Multi-Grain Cheerios	Greek Pita Triangles	Cinnamon Raisin Bagels	Graham Crackers & Apple	Toasted English Muffins
• <i>Milk Product</i>	Milk	Yogurt	Cream Cheese	Butter	
Lunch	Bean and Cheese Quesadilla Melt	Lentil Bolognese & Pasta	Beef Rice Crisp	Tuna/Salmon Melts	Jamaican Bean Casserole
• <i>Meat or Alternative</i>	Kidney Beans/Black Beans	Lentils	Ground Beef	Tuna/Salmon	Ground Beef & Beans
• <i>Grain Product</i>	Tortilla Shells	Whole Wheat Pasta	Brown Rice	Whole Wheat English Muffins	Corn Chips
• <i>Vegetable</i>	Mixed Vegetables	Whole Wheat Rolls	Mixed Vegetables	Mixed Vegetables on The Side	Spinach Salad
• <i>milk</i>	Milk	Tomatoes	Cheese	Cheese Slices	Milk
• <i>Fruit</i>	Seasonal Fresh Fruit	Milk	Milk	Milk	Seasonal Fresh Fruit
• <i>Alternative</i>	Vegetarian Meat	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
			Vegetarian meat	Tuna or Cheese	Vegetarian Meat
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Fruit Salsa	Apple butter	Fruit Pizza on		Salsa
• <i>Grain Product</i>	Premium Plus Crackers	Naan bread	Naan Bread	Breton Crackers	Triscuits
• <i>Milk Product</i>				Yogurt	Cheese Chunks

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