



Summer Menu – Week 1
May – August 2018

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	Toasted Quinoa Bites	Turkey Sausage & Cheese Bread	Mixed Berry Smoothie Whole Wheat Bagels	Apple Butter Graham Crackers
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Korean Stir Fry	Egg Salad Pitas	Veggie Pizzas	Chicken Pasta Salad	Tuna Quesidillas
• <i>Meat or Alternative</i>	Ground Beef	Eggs	English Muffins Peppers, Mushrooms Cucumbers Slices Cheese Milk	Chicken	Tuna
• <i>Grain Product</i>	Chow Mein Noodles	Mini Pitas		Bowtie Pasta	Whole Wheat Wraps
• <i>Vegetables</i>	Carrots, Cabbage, Zucchini	Greek Salad (cucumbers, Tomatoes, Red Onions)		Mushrooms, Leek, Onions Peppers and Poppy Seed Dressing	Cole Slaw BBQ/mango/ranch dressing
• <i>Milk Product</i>	Milk	Feta Cheese Milk		Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetarian Meat	Cheese/Tuna/Chicken		Chick Peas	Cheese
Afternoon Snack	Mandarin oranges Digestive Cookies	Naan Bread Taziki Dip	Bananas Vanilla Pudding	Fruit Salad Whole wheat bagels	Oats and Coconut Squares
• <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
- 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



Summer Menu – Week 2
May – August 2018

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	Shreddies Milk	Cinnamon Toast	Chunky Monkey Muffins (bananas and cocoa)	Egg slices Ritz crackers	Pumpkin Smoothie Pita pockets
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Cheese, Spinach & Mushroom Quiche	Sweet & Sour Chicken Strips	Tuna & Apple Salad Wraps	Slider Burgers	Macaroni & Cheese
• <i>Meat or Alternative</i>	Pie Shells Spinach, mushrooms, onions Feta Cheese Milk Melon Slices	Basmati Confetti Rice Celery, peppers, onion in rice Broccoli Salad with craisins Milk	Whole Wheat Wraps Lettuce, celery, onion in wrap Pepper Slices Milk Apples in salad	Beef/veggie burger Whole Wheat Rolls Lettuce Tomatoes Cucumbers Slices Milk	Whole Wheat Macaroni Garden Salad Milk
• <i>Grain Product</i>					
• <i>Vegetables</i>					
• <i>Milk Product</i>					
• <i>Fruit</i>					
• <i>Alternative</i>		Sweet & Sour Falafels	Cheese & Veggie Wrap		Tomato Sauce
Afternoon Snack	Fruit Scones	Fresh Strawberries Yogurt	Southwest Vegetable Dip Triscuits	Cinnamon/raisin Bagels Butter	Fresh Veggies Baked Pitas
• <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
- 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



Summer Menu – Week 3
May - August 2018

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	All Bran Cereal Milk	Banana Smoothie Arrowroot Cookies	Cinnamon Strudel Muffins	Strawberry Jam Naan Bread	Egg/Cheese/Veggie Muffins
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Chicken Pad Thai	Beef Rice Crisp	Cold Plate	Chicken Parmesan Strips	Corn Flake Crusted Fish
• <i>Meat or Alternative</i>	Chicken	Beef	Hard Boiled Eggs	Chicken	Fish Fillets
• <i>Grain Product</i>	Rice Noodles	Brown Rice	Whole Wheat Rolls	Basmati Rice	Corn Flakes
• <i>Vegetables</i>	Peppers, Green Onion	Mixed Vegetables	Mixed Bean Salad Cucumber Slices	Tomato, Cucumber, Classic Herb Dressing Salad Feta Cheese Milk	Spinach Salad
• <i>Milk Product</i>	Milk	Milk	Milk		Milk
• <i>Fruit</i>					Strawberries in Salad
• <i>Alternative</i>	Chick Peas	Vegetarian Meat	Cheese Cubes	Falafels	
Afternoon Snack	Cucumbers Slices Ritz Crackers	Zucchini Dip Triscuits	Moroccan Chicken Salad Mini Pitas	Banana Bread	Apple Butter Greek Pitas
• <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
- 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



Summer Menu – Week 4
May – August 2018

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	Toasted Raisin Bread	Strawberries and Vanilla Graham Crackers Smoothie	Applesauce Premium Plus Crackers	Banana Slices/Wow Butter Whole Wheat Bagels
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Salmon Rice Casserole	Breakfast/Lunch Casserole	Mandarin Chicken Salad	Black Bean and Sweet Potato Chili	Taco Salad Wrap
• <i>Meat or Alternative</i>	Salmon	Eggs Scrambled	Chicken	Black Beans	Beef
• <i>Grain Product</i>	Whole Wheat Rice	Homemade Hash Browns	Whole Wheat Pitas	Corn Bread	Tortilla Shells
• <i>Vegetables</i>	Mixed Vegetables	Tomato, Onions Cucumbers Slices	Celery, Romaine Lettuce	Mixed Vegetables Sweet Potato	Lettuce and Salsa
• <i>Milk Product</i>	Milk	Milk	Milk Grapes/Oranges in Salad	Milk	Cheese and Sour Cream Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Black Bean Rice Casserole		Chick Pea Mandarin Fruit Salad		Vegetarian Meat/Taco Wrap
Afternoon Snack	Fresh Melon Yogurt	Savory Spread Whole Wheat Crackers	Corn Salsa Nacho Chips (Infants Crackers)	Ritz Crackers Swiss Cheese Spread	Pretzel Cereal Mix
• <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
- 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



Summer Menu – Week 5
May – August 2018

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	Mixed Cereal Milk	Applesauce French Toast Sticks	Whole Grain Bagels Cheese Slices	Berries Ancient Grains Cereal Yogurt	Banana Muffins
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Egg Burritos	Sloppy Joes	Butter Chicken with Rice	Salmon Salad Sandwiches	Chicken and Veggie Stir Fry
• <i>Meat or Alternative</i>	Eggs	Ground Beef	Chicken	Salmon	Chicken
• <i>Grain Product</i>	Whole Wheat Wraps	Whole Wheat Rolls	Basmati Rice	Whole Wheat Bread	Rice Noodles
• <i>Vegetables</i>	Peppers, Mushrooms, Onions Salsa	Mixed Vegetables	Cucumber Slices Tomato Soup	Pepper Sticks	Assorted Vegetables
• <i>Milk Product</i>	Cheese Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Vegetarian Sloppy Joes	Falafels with Butter Sauce	Cheese Sandwiches	Chick Peas/Black Beans
Afternoon Snack	Veggie Pinwheels Tortilla Shells Cream Cheese	Basbosa Arabic Squares (no eggs or flour)	Tea Biscuits Cheese/Chives/Garlic	Mini Pitas Cream Cheese	Cool Veggie Pizza Naan Bread Cheese
• <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
- 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



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>					
• <i>Milk Product</i>					
Lunch					
• <i>Meat or Alternative</i>					
• <i>Grain Product</i>					
• <i>Vegetables</i>					
• <i>Milk Product</i>					
• <i>Fruit</i>					
• <i>Alternative</i>					
Afternoon Snack					
• <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
- 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