



Winter Menu - Week 1  
January-April 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
<b>Morning Snack</b>	Corn Bran Cereal Milk	Egg Slices & Mini Pitas	Mandarin Orange Bread	Pumpkin Oatmeal	Whole Wheat Bagel Cream Cheese
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
<b>Lunch</b>	<b>Chicken Noodle Soup</b>	<b>Sweet Potato &amp; Lentil Casserole</b>	<b>Tuna &amp; Green Bean Casserole</b>	<b>Beef Stroganoff</b>	<b>Broccoli &amp; Cheese Quiche</b>
• <i>Meat or Alternative</i>	Chicken Strips	Lentils	Tuna	Ground Beef	Eggs
• <i>Grain Product</i>	Whole Wheat Rotini Pasta Whole Wheat Crackers	Corn Bread	Whole Wheat Rolls	Whole Wheat Penne Pasta	Pie shells
• <i>Vegetables</i>	Diced fresh Carrots	Sweet Potato, onions, tomato, spinach	Green Beans	Peas, corn, onion,	Broccoli
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Milk Cheddar Cheese
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Noodle soup with vegetables		Black Beans/Chick peas	Vegetarian Meat	
<b>Afternoon Snack</b>	Cheese and pepper pizza puffs	Graham Crackers Yogurt	Bits and Bites	Garden Greek Dip Pumpernickel Bread	Zucchini and Banana Loaf
• <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



Winter Menu - Week 2  
January-April 2018

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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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>				Mandarin Oranges	
• <i>Grain Product</i>	Shreddies	Maple Brown Sugar Oatmeal Muffins	Cinnamon Toast	Cottage Cheese	Homemade Granola Yogurt
• <i>Milk Product</i>	Milk				
<b>Lunch</b>	<b>Hamburger Soup</b>	<b>Spanish Omelette</b>	<b>Chicken and Cheese Quesadillas</b>	<b>Jamaican Bean Casserole</b>	<b>Pizza Casserole</b>
• <i>Meat or Alternative</i>	Ground Beef	Eggs	Chicken Strips	Ground Beef and Beans	
• <i>Grain Product</i>	Whole Wheat Noodles Whole Wheat Rolls	Whole Wheat Toast	Whole Wheat Tortilla Shells	Whole Wheat Corn Chips	Whole Wheat Pasta
• <i>Vegetables</i>	Tomato Juice Assorted Vegetables	Salsa Assorted Vegetables	Mixed Peppers	Assorted Vegetables	Peppers, Mushrooms Onions
• <i>Milk Product</i>	Milk	Milk Cheddar cheese	Milk Shredded cheese	Milk	Milk Mozzarella Cheese
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Vegetarian Meat		Bean Quesadillas	Vegetarian Meat	
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Black Bean Brownies			Black Bean Dip	Tuna Salad
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>		Ritz Crackers	Oat and Raisin Cookies	Triscuits	Melba Toast
• <i>Milk Product</i>		Cheese Slices			(infants crackers)

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Winter Menu - Week 3  
January-April 2018

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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
<b>Morning Snack</b>	All Bran Cereal Milk	Berries Ancient Grains Porridge Yogurt	Carrot and Pineapple Muffins	Toasted Raisin Bread	Bagels Cream Cheese
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
<b>Lunch</b>	<b>Turkey Sausage</b>	<b>Spaghetti Alfredo</b>	<b>Beef Barley Soup</b>	<b>Three Cheese Quiche</b>	<b>Creole Fish Fillets</b>
• <i>Meat or Alternative</i>	Turkey Sausage	Chicken	Ground Beef	Egg	Fish
• <i>Grain Product</i>	Vegetable Couscous	Spaghetti Noodles	Barley	Pie Shells	Basmati Rice
• <i>Vegetables</i>	Peas, Corn, Carrots	Cooked Broccoli	Green Beans, Corn, Carrots	Mixed Vegetables, Onions	Tomatoes, Onions, Celery Peppers
• <i>Milk Product</i>	Milk	Parmesan Cheese Milk	Milk	Cheddar/Parmesan/Mozza Milk	Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Falafel	Cheesy Alfredo	Vegetarian Meat		Chick Peas
<b>Afternoon Snack</b>	Apple Cinnamon Loaf	Pretzel Cereal Mix	Naan Bread Vanilla Pudding	Cheerio Bars	Veggie Pinwheels Peppers and Cucumbers Tortilla shells Cream Cheese
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Winter Menu - Week 4  
January-April 2018

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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
<b>Morning Snack</b>	Cheerios Milk	Whole Wheat Bagels Cream Cheese	Cinnamon Rolls	Pineapple/berries Overnight Chia Oatmeal	Applesauce Whole Grain Bagels
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
<b>Lunch</b>	<b>Lentil Soup</b>	<b>Enchilada Bake</b>	<b>Chicken a la King</b>	<b>Spaghetti &amp; Meat Sauce</b>	<b>Salmon Melts</b>
• <i>Meat or Alternative</i>	Lentils Meat Bread	Beef/Black Beans	Chicken	Ground Beef	Salmon
• <i>Grain Product</i>		Tortilla Shells	Tea Biscuits	Spaghetti	Whole Wheat Bread
• <i>Vegetables</i>	Onions, Carrots		Mixed Vegetables	Celery, Onions, Zucchini, Peppers	Cucumbers Slices
• <i>Milk Product</i>	Milk	Cheese Milk	Milk	Milk	Cheese Slices Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Cheese Melt	Chick Pea a la King	Vegetarian Meat	
<b>Afternoon Snack</b>	Fruit Crisp	Pretzel Bites Cheese Dip	Mandarin Oranges Pretzel Mix	Homemade Granola Bars	Assorted Crackers Cheese Cubes
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Winter Menu - Week 5  
January-April 2018

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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
<b>Morning Snack</b>	Rice Chex Cereal Milk	Fruit Explosion Muffins (jam in center of muffin)	Strawberry/Banana Smoothie Graham Crackers	English Muffins Wow Butter	Scrambled eggs with Onions and peppers
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
<b>Lunch</b>	<b>Pasta Primavera</b>	<b>Chicken and Vegetable Fried Rice</b>	<b>Vegetarian Frittata</b>	<b>Lasagna</b>	<b>Corn Chowder</b>
• <i>Meat or Alternative</i>	Whole Wheat Pasta Carrots, Broccoli Cauliflower Milk	Chicken	Eggs	Ground Beef	Ritz Crackers Creamed Corn, Onion Celery, Potatoes Milk
• <i>Grain Product</i>		Whole Wheat Rice	Whole Wheat Rolls	Lasagna Noodles	
• <i>Vegetables</i>		Mixed Vegetables	Mushrooms, Onions Peppers	Tomatoes, Peppers Onions	
• <i>Milk Product</i>		Milk	Milk	Milk Cheese	
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Chickpea & Vegetable Fried Rice		Vegetarian Meat	
<b>Afternoon Snack</b>	Salmon Salad Triscuits	Applesauce Whole Wheat Bread	Homemade Jam Tea Biscuits	Hot Broccoli Dip Naan Bread	Snickerdoodle Loaf
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Milk Product</i>					

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- Fresh fruit served at all snacks and lunches