



Summer Menu – Week 1
May – August 2019

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>				Mixed Berry Smoothie	Apple Butter
• <i>Grain Product</i>	Cheerios	Toasted Quinoa Bites	Cocoa, Chia Parfait	Whole Wheat Bagels	Graham Crackers
• <i>Milk Product</i>	Milk		Yogurt		
Lunch	Korean Stir Fry	Egg Salad Pitas	Veggie Pizzas	Chicken Pasta Salad	Tuna Quesidillas
• <i>Meat or Alternative</i>	Ground Beef	Eggs		Chicken	Tuna
• <i>Grain Product</i>	Chow Mein Noodles	Mini Pitas	English Muffins	Bowtie Pasta	Whole Wheat Wraps
• <i>Vegetables</i>	Carrots, Cabbage, Zucchini	Greek Salad (cucumbers, Tomatoes, Red Onions) Shredded carrots	Peppers, Mushrooms Cucumbers Slices	Mushrooms, leeks, red/orange peppers and Poppy Seed Dressing	Cole Slaw BBQ/mango/ranch dressing
• <i>Milk Product</i>	Milk	Feta Cheese Milk	Cheese Milk	Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetarian Meat	Cheese/Tuna/Chicken		Chick Peas	Cheese
Afternoon Snack					
• <i>Meat or Alternative</i>			Wow butter		
• <i>Fruit or Vegetable</i>	Applesauce		Bananas	Zucchini Sticks	
• <i>Grain Product</i>	Digestive Cookies	Naan Bread	Whole Wheat Crackers	Ritz Crackers	Oat and Coconut Squares
• <i>Milk Product</i>		Taziki Dip			

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 2019

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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	Shreddies Milk	Melon Slices 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	Tuna & Apple Salad Wraps	Slider Burgers	Macaroni & Cheese
• <i>Meat or Alternative</i>	Pie Shells Spinach, mushrooms, onions Vegetables on the side Feta Cheese Milk Melon slices	Ground Chicken 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	Veggie burger Whole Wheat Rolls Lettuce Tomatoes Cucumbers Slices Milk	Whole Wheat Macaroni Garden Salad Homemade cheese sauce Milk
• <i>Grain Product</i>					
• <i>Vegetables</i>					
• <i>Milk Product</i>					
• <i>Fruit</i>					
• <i>Alternative</i>					
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>Milk Product</i>					

Please Note:

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- The last Friday of every month will be “Birthday Cake Friday”
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- Fresh fruit served at all snacks and lunches



Summer Menu – Week 3
May - August 2019

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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	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	Couscous	Corn Flakes
• <i>Vegetables</i>	Green Onions Peppers on the side	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:

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- Infants will be served homogenized milk, 2% to Toddlers and Preschoolers
- The last Friday of every month will be “Birthday Cake Friday”

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- Fresh fruit served at all snacks and lunches



Summer Menu – Week 4
May – August 2019

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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	Corn Bran Cereal Milk	Toasted Raisin Bread Nectarines	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	Tuna Rice Casserole	Scrambled Eggs and Hash Browns	Mandarin Salad with Chicken	Black Bean and Sweet Potato Chili	Taco Salad
• <i>Meat or Alternative</i>	Tuna	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 on side	Cucumbers Slices	Celery, Romaine Lettuce	Mixed Vegetables Sweet Potato	Lettuce and Salsa Avocado Chunks Cheese and Sour Cream Milk
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	
• <i>Fruit</i>			Grapes/Oranges in Salad		
• <i>Alternative</i>	Black Bean Rice Casserole		Chick Pea Mandarin Salad		Vegetarian Meat/Taco
Afternoon Snack	Ritz Crackers Swiss Cheese Spread	Fresh Melon Yogurt	Corn Salsa Triscuits	Cereal Mix	Savory Spread Whole Wheat Crackers
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

Please Note:

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- Infants will be served homogenized milk, 2% to Toddlers and Preschoolers
- The last Friday of every month will be “Birthday Cake Friday”
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- Fresh fruit served at all snacks and lunches



Summer Menu – Week 5
May – August 2019

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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	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 Small wraps	Whole Wheat Rolls	Basmati Rice	Whole Wheat Bread	Rice Noodles
• <i>Vegetables</i>	Mushrooms, onions Peppers slices on side Salsa	Mixed Vegetables on side	Cucumber Slices Homemade butter sauce	Zucchini Sticks and Cherry Tomatoes	Broccoli, onions, mushrooms Peppers on side
• <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	Tea Biscuits Cheese/Chives/Garlic	Basbosa Arabic Squares (no eggs or flour)	Veggie Pinwheels Tortilla Shells Cream Cheese	Mini Pitas Cream Cheese	Cool Veggie Pizza Naan Bread Cheese
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

Please Note:

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- 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