



Fall Menu - September-  
December 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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>				Blueberries	Pumpkin Smoothies
• <i>Grain Product</i>	Shreddies	Raisin Bran Muffins	Bagels	Oatmeal & Cinnamon	Graham Crackers
• <i>Milk Product</i>	Milk	Milk	Yogurt		
<b>Lunch</b>	<b>Chicken Stew</b>	<b>Tuna Balls</b>	<b>Cabbage Roll Casserole</b>	<b>Homemade Vegetarian Lasagna</b>	<b>Baked Potato &amp; Cheddar Soup</b>
• <i>Meat or Alternative</i>	Chicken	Tuna	Ground Beef		
• <i>Grain Product</i>	Cheese Tea Biscuits	Couscous	Brown Rice	Whole Wheat Pasta	Whole Wheat Bread With Butter
• <i>Vegetables</i>	Potatoes Mixed Vegetables	Mixed Vegetables	Cabbage, Tomato and Zucchini	Diced tomatoes Spinach, zucchini	Potatoes Assorted Vegetables
• <i>Milk Product</i>	Cheddar Cheese Milk	Cheese Milk	Milk	Cheese Milk	Homemade Cheese Sauce Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Stew with Chick Peas	Cheese Chunks	Soya Meat		Potato and Vegetable Soup
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Bananas	Guacamole		Lemon Zucchini Loaf	
• <i>Grain Product</i>		Triscuits	Whole Wheat Crackers		Cereal Mix
• <i>Milk Product</i>	Creamy Vanilla Chia Parfait		Sliced 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 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 Menu Sept-Dec  
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
<b>Morning Snack</b>	All Bran Cereal Milk	Applesauce Banana Muffins	Toast & Cinnamon spread	Apple Cinnamon Quinoa	Fruit Smoothie Arrowroot Cookies
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
<b>Lunch</b>	<b>Minestrone Soup</b>	<b>Chicken Pot Pie</b>	<b>Tuna Rice Casserole</b>	<b>Pancakes &amp; Hard Boiled Eggs</b>	<b>Beef Fajitas</b>
• <i>Meat or Alternative</i>	Kidney Beans	Chicken	Tuna	Eggs	Ground Beef
• <i>Grain Product</i>	Whole Wheat Pasta Whole Wheat Crackers	Pastry Shell	Whole Wheat Rice	Homemade Pancakes	Whole Wheat Tortilla's
• <i>Vegetable</i>	Assorted Vegetables in Soup	Mixed Vegetables in Pie	Assorted Vegetables on side	Cucumber Slices	Mixed Peppers Salsa & cheese on side
• <i>Milk Product</i>	Milk	Milk	Cheddar Cheese Milk	Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Chick Peas in Pie	Black Beans/Chick Peas		Black Beans
<b>Afternoon Snack</b>	Tuna Salad Naan Bread	Mandarin Oranges Whole Wheat Pitas	Salsa Triscuits	Vegetable Sticks Cheese Chunks	Wow Butter Whole Wheat Crackers
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					

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Fall Menu Sept.-Dec.  
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
<b>Morning Snack</b>		Zucchini Loaf/Muffins		Apple-Cinnamon Smoothie	Wow Butter
• <i>Fruit or Vegetable</i>				Tea Biscuits	Whole Wheat English Muffins
• <i>Grain Product</i>	Cheerios		Whole Wheat Bagels		
• <i>Milk Product</i>	Milk		Cream Cheese		
<b>Lunch</b>	<b>Sweet &amp; Sour Chicken Chunks</b>	<b>Vegetable Omelette</b>	<b>Broccoli Cheddar Soup</b>	<b>Baked Fish w/ Mushrooms</b>	<b>Beef Macaroni Casserole</b>
• <i>Meat or Alternative</i>	Chicken Chunks	Eggs		Fish Fillets	Ground Beef
• <i>Grain Product</i>	Whole Wheat Noodles	English Muffins w/butter	Whole Wheat Crackers	Basmati Rice	Whole Wheat Noodles
• <i>Vegetable</i>	Mixed Vegetables	Peppers, Mushrooms, Onions	Broccoli and Onions	Mixed Vegetables	Tomatoes
• <i>Milk Product</i>	Milk	Milk	Cheese Milk	Cheese Milk	Mixed Vegetables Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Falafel's	Rice and Vegetables	Broccoli soup no cheese	Chick Peas	Vegetarian Meat
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Apple Crisp	Pizza Dip Triscuits	Pineapple Whole Wheat Melba (infants crackers)	Fruit Naan Bread	Wow Butter Cookies
• <i>Grain Product</i>			Cream Cheese Spread	Yogurt Dip	
• <i>Milk Product</i>	Milk				

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Fall Menu Sept.-Dec.  
Week 4

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Fruits and Vegetables

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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>			Apple Sauce	Pumpkin Muffins	
• <i>Grain Product</i>	Rice Krispies	Toast	Graham crackers		Ancient Grains Porridge
• <i>Milk Product</i>	Milk	Cheese Slices		Milk	
<b>Lunch</b>	<b>Cheesy Bow-Tie Pasta</b>	<b>Sloppy Joes</b>	<b>Tuna Quiche</b>	<b>Korean Stir-Fry</b>	<b>Homemade Tomato Soup</b>
• <i>Meat or Alternative</i>		Ground Beef	Tuna	Ground Chicken	
• <i>Grain Product</i>	Bow Tie Pasta	Whole Wheat Rolls	Pastry Crust	Chow Mein Noodles	Whole Wheat Bread
• <i>Vegetable</i>	Broccoli & Cauliflower	Assorted Vegetables	Cooked Carrots	Vegetable Medley	Pepper Sticks
• <i>Milk</i>	Cheese Milk	Milk	Milk	Milk	Cheese slices on side Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Tomato Sauce	Vegetarian Meat	Rice with Vegetables	Vegetarian Meat	Vegetable Soup
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Bananas	Spinach Dip	Carrot Muffins		Homemade Fruit Salad
• <i>Grain Product</i>		Pumpnickel Bread	Milk	Whole Wheat Pitas	Greek Pitas
• <i>Milk Product</i>	Yogurt			Cheddar Cheese Spread	

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Fall Menu Sept.-Dec.  
Week 5

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Fruits and Vegetables

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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>		Apple Sauce	Banana Bread	Scrambled Eggs	
• <i>Grain Product</i>	Corn Bran Cereal	Naan Bread		Assorted Crackers	Cinnamon Raison Bagels
• <i>Milk Product</i>	Milk				Vanilla Smoothie
<b>Lunch</b>	<b>Chicken Potato Curry</b>	<b>Meat Loaf</b>	<b>Tuna Melts</b>	<b>Vegetarian Chili</b>	<b>French Toast</b>
• <i>Meat or Alternative</i>	Chicken	Ground Beef	Tuna	Assorted Beans	Eggs
• <i>Grain Product</i>	Whole Wheat Rice	Bread Crumbs	Whole Wheat English Muffins	Naan Dippers	Whole Wheat Bread Homemade Hashbrowns
• <i>Vegetable</i>	Tomato & Onion	Cucumber Slices Sweet Potatoes Fries	Mixed Vegetables	Vegetable Medley	Pepper Slices
• <i>milk</i>	Milk	Milk	Cheese Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Falafel's	Vegetarian Loaf	Cheese Melts		Falafel (vegetarian)
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>				Chunky Chicken Salad	Wow Butter
• <i>Fruit or Vegetable</i>		Fresh Fruit	Apple Butter	Pepper Sticks	Banana Slices on top
• <i>Grain Product</i>	Spice Cookies	Arrowroot Cookies	Homemade Tea Biscuits	Triscuits	Whole Wheat Crackers
• <i>Milk Product</i>		Yogurt			

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- Fresh fruit served at all snacks and lunches