



Winter Menu - Week 1
January – April

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>			Mandarin Orange	Pumpkin Oatmeal	
• <i>Grain Product</i>	Cheerios	Egg Slices & Naan Bread	Bread		Whole Wheat Bagel
• <i>Milk Product</i>	Milk				Cream Cheese
Lunch	Chicken Noodle Soup	Broccoli & Cheese Quiche	Baked Salmon with Herb Dressing	Beef Stroganoff	Sweet Potato & Lentil Casserole
• <i>Meat or Alternative</i>	Chicken Strips	Eggs	Salmon	Ground Beef	Lentils
• <i>Grain Product</i>	Whole Wheat Rotini Pasta Whole Wheat Crackers	Pie Shells	Basmati Rice on Side	Whole Wheat Penne Pasta	Corn Bread
• <i>Vegetables</i>	Diced Carrots	Broccoli	Mixed Vegetables	Peas, Carrots, Onion	Sweet Potato, onions, tomato, spinach
• <i>Milk Product</i>	Milk	Milk Cheddar Cheese	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Noodle Soup with Vegetables		Black Beans/Chick Peas	Vegetarian Meat	
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Cucumber Slices	Fresh Fruit	Applesauce	Garden Greek Dip	Zucchini and Banana Loaf
• <i>Grain Product</i>	Whole Wheat Crackers		Homemade Tea Biscuits	Pumpnickel Bread	
• <i>Milk Product</i>	Cheese Cubes	Yogurt			

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 and vegetables served at lunch and snack



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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

Winter Menu - Week 2
January - April

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
• <i>Fruit or Vegetable</i>				Mandarin Oranges	
• <i>Grain Product</i>	Shreddies	Maple Brown Sugar Oatmeal	Cinnamon Toast		Homemade Granola
• <i>Milk Product</i>	Milk	Muffins		Cottage Cheese	Yogurt
Lunch	Pizza Casserole	Hamburger Soup	Chicken and Cheese Quesadillas	Jamaican Bean Casserole	Spanish Omelette
• <i>Meat or Alternative</i>		Ground Beef	Chicken	Ground Beef and Beans	Eggs
• <i>Grain Product</i>	Whole Wheat Pasta	Whole Wheat Noodles Whole Wheat Rolls	Whole Wheat Tortilla Shells	Naan Dippers	Whole Wheat Bread Salsa
• <i>Vegetables</i>	Peppers, Mushrooms Onions	Crushed/Diced Tomatoes Assorted Vegetables	Mixed Peppers	Assorted Vegetables	Tomato Juice Assorted Vegetables
• <i>Milk Product</i>	Milk Mozzarella Cheese	Milk	Milk Shredded cheese	Milk	Milk Cheddar Cheese
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Vegetable Noodle Soup	Bean Quesadillas	Vegetarian Meat	
Afternoon Snack					
• <i>Meat or Alternative</i>	Tuna Salad		Black Bean Dip		
• <i>Fruit or Vegetable</i>					Snickerdoodle Loaf
• <i>Grain Product</i>	Melba Toast	Oat and Raisin Cookies	Triscuits	Whole Grain Bagels	
• <i>Milk Product</i>	(infants crackers)			Cheese Slices	

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- Fresh fruit and vegetables served at lunch and snacks



Winter Menu - Week 3
January - April

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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>		Berries	Carrot and Pineapple		
• <i>Grain Product</i>	Cheerios	Ancient Grains Porridge	Muffins	Wow Butter Toast	Oatmeal Energy Bites
• <i>Milk Product</i>	Milk	Yogurt			
Lunch	Spaghetti Chicken Alfredo	Vegetable Pizza	Beef Barley Soup	Three Cheese Quiche	Tuna Rice Casserole
• <i>Meat or Alternative</i>	Chicken		Ground Beef	Egg	Tuna
• <i>Grain Product</i>	Spaghetti Noodles	Whole Wheat English Muffins	Barley	Pie Shells	Brown Rice
• <i>Vegetables</i>	Cooked Broccoli	Peppers,mushroom,onions	Whole Wheat Rolls Green Beans, Corn, Carrots	Mixed Vegetables, Onions	Assorted Vegetables
• <i>Milk Product</i>	Parmesan Cheese Milk	Milk	Milk	Cheddar/Parmesan/Mozza Milk	Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Cheesy Alfredo		Vegetarian Meat		Chick Peas
Afternoon Snack					
• <i>Meat or Alternative</i>				Cheerio Bars	Veggie Pinwheels
• <i>Fruit or Vegetable</i>		Mandarin Oranges	Apple-Cinnamon Loaf		Peppers and Cucumbers
• <i>Grain Product</i>	Naan Bread	Whole Wheat Crackers			Tortilla shells
• <i>Milk Product</i>	Yogurt				Cream Cheese

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Winter Menu - Week 4
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Fruits and Vegetables

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vegetables or fruits

Milk Products

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Meat and Alternatives

60-90gr/2-3oz

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
• <i>Fruit or Vegetable</i>		Applesauce	Pumpkin Muffins	Pineapple/berries	Fruit Smoothie
• <i>Grain Product</i>	Shreddies	Whole Wheat Bagels		Overnight Chia Oatmeal	Naan Bread
• <i>Milk Product</i>	Milk				
Lunch	Lentil Soup	Tuna Melts	Chicken Stew	Spaghetti & Meat Sauce	Enchilada Bake
• <i>Meat or Alternative</i>	Lentils Meat Bread	Tuna	Chicken	Ground Beef	Black Beans
• <i>Grain Product</i>		Whole Wheat Bread	Tea Biscuits Potatoes	Spaghetti	Tortilla Shells
• <i>Vegetables</i>	Onions, Carrots	Cucumber Slices	Mixed Vegetables	Celery, Onions, Zucchini, Peppers	Lettuce, Salsa
• <i>Milk Product</i>	Milk	Cheese Slices Milk	Milk	Milk	Cheese, Sour Cream Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Cheese Melts	Stew with chick peas/		Cheese Melts
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Fruit Crisp		Strawberries/bananas	Homemade Granola	
• <i>Grain Product</i>		Triscuits	Creamy Dessert Hummus	Bars	Assorted Crackers
• <i>Milk Product</i>		Cheese Dip			Cheese Cubes

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- Fresh fruit and vegetables served at lunch and snacks



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

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- 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 and vegetables served at lunch and snacks