



Fall Menu - Week 1
September - December

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>			Berries	Blueberries	Pumpkin Smoothies
• <i>Grain Product</i>	Shreddies	Banana Muffins	Whole Wheat Bagels	Oatmeal & Cinnamon	Graham Crackers
• <i>Milk Product</i>	Milk		Plain Yogurt		
Lunch	Chicken Stew	Tuna Balls	Cabbage Roll Casserole	Homemade Vegetarian Lasagna	Baked Potato & Cheddar Soup
• <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	Vegetable Cabbage Roll Casserole		Potato and Vegetable Soup
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Bananas	Southwest Vegetable Dip		Lemon Zucchini Loaf	Cucumber Slices
• <i>Grain Product</i>		Triscuits	Whole Wheat Crackers		Greek Pita Bread
• <i>Milk Product</i>	Cottage Cheese		Sliced Cheese		Cream 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 and vegetables served at lunch and snack



Fall Menu - Week 2
September - December

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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	Cheerios Milk	Applesauce Banana Muffins	Coconut Balls	Apple Cinnamon Quinoa	Fruit Smoothie Hemp Hearts
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Minestrone Soup	Chicken Pot Pie	Tuna Rice Casserole	Pancakes & Hard Boiled Eggs	Beef Fajitas
• <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
Afternoon Snack	Tuna Salad Whole Wheat Naan Bread	Mandarin Oranges Plain Yogurt	Homemade Salsa Triscuits	Vegetable Sticks Cheese Chunks	Sunflower 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 - Week 3
September - December

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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		Zucchini Loaf/Muffins		Apple-Cinnamon Smoothie	Sunflower Butter
• <i>Fruit or Vegetable</i>	Shreddies Milk		Whole Grain Bagels Cream Cheese	Tea Biscuits	Whole Wheat English Muffins
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Sweet & Sour Chicken Chunks	Vegetable Omelette	Broccoli Cheddar Soup	Baked Fish w/ Mushrooms	Beef Macaroni Casserole
• <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 Rolls	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>		Rice and Vegetables	Broccoli soup no cheese	Chick Peas	Cheese Macaroni
Afternoon Snack					
• <i>Meat or Alternative</i>	Fruit	Pizza Dip Triscuits	Pineapple Whole Wheat Melba (infants crackers) Cream Cheese Spread	Apple Crisp	Wow Butter Cookies
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>	Plain Yogurt				

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Fall Menu – Week 4
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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
Morning Snack					
• <i>Fruit or Vegetable</i>			Apple Sauce	Pumpkin Muffins	
• <i>Grain Product</i>	Cheerios	Ancient Grains Porridge	Whole Wheat Crackers		Whole Wheat Toast
• <i>Milk Product</i>	Milk				Cheese Slices
Lunch	Korean Stir-Fry	Sloppy Joes	Tuna Quiche	Ancient Grains Stuffed Peppers	Homemade Tomato Soup & Cheese Sandwiches
• <i>Meat or Alternative</i>	Chicken Chunks	Ground Beef	Tuna	6 Bean Mix	Slice Cheese
• <i>Grain Product</i>	Soba Noodles	Whole Wheat Rolls	Pastry Crust	Ancient Grains	Whole Wheat Bread
• <i>Vegetable</i>	Vegetable Medley	Assorted Vegetables	Cooked Carrots	Peppers, Onions, Mushrooms Mixed Veggies on Side	Pepper Sticks
• <i>Milk</i>	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetable Stir-Fry	Black Bean Sloppy Joes	Rice with Vegetables		Vegetable Soup
Afternoon Snack					
• <i>Meat or Alternative</i>		Spinach Dip	Carrot Muffins	Homemade Fruit Salad	Bananas
• <i>Fruit or Vegetable</i>		Pumpnickel Bread			Plain Yogurt
• <i>Grain Product</i>	Whole Wheat Naan Bread				
• <i>Milk Product</i>	Cheddar Cheese Spread			Cheese Cubes	

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- Fresh fruit and vegetables served at lunch and snack



Fall Menu – Week 5
September - December

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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
Morning Snack					
• <i>Fruit or Vegetable</i>	Shreddies Milk	Apple Sauce	Banana Bread	Scrambled Eggs	Vanilla Smoothie Cheese Slices
• <i>Grain Product</i>		Whole Wheat Naan Bread		Assorted Crackers	
• <i>Milk Product</i>					
Lunch	Chicken Potato Curry	Meat Loaf	Grilled Salmon	Vegetarian Chili	Egg Salad Sandwiches
• <i>Meat or Alternative</i>	Chicken	Ground Beef	Salmon	Assorted Beans	Eggs
• <i>Grain Product</i>	Whole Wheat Rice	Bread Crumbs	Quinoa Salad	Whole Wheat Rolls	Multi-Grain Bread
• <i>Vegetable</i>	Tomato & Onion	Cucumber Slices	Cucumbers, Tomatoes, Red Onion, Romaine Lettuce, Greek Dressing	Vegetable Medley	Greek Salad (cucumbers, tomatoes, red onions, orange peppers)
• <i>milk</i>	Cucumber Slices on Side	Sweet Potatoes Fries	Feta Cheese	Milk	Feta Cheese
• <i>Fruit</i>	Milk	Milk	Milk		Milk
• <i>Alternative</i>	Chick Peas	Vegetarian Loaf	Cheese Melts		Cheese
Afternoon Snack					
• <i>Meat or Alternative</i>	Spice Cookies	Fresh Fruit	Apple Butter	Chunky Chicken Salad Pepper Sticks Triscuits	Cold Veggie Pizza
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
		Plain Yogurt	Homemade Tea Biscuits		Naan Bread

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- 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