



Summer Menu – Week 1
May – August

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>					
• <i>Grain Product</i>	Cheerios	Toasted Quinoa Bites	Applesauce Muffins	Raspberry Spinach Twist Smoothie/Whole Wheat Bagels	Cocoa, Chia Parfait
• <i>Milk Product</i>	Milk				
Lunch	Korean Stir Fry	Egg Salad Sandwiches	Tuna Quesidillas	Chicken/ Pasta Salad	Veggie Pizza
• <i>Meat or Alternative</i>	Ground Beef	Eggs	Tuna	Chicken (separate)	
• <i>Grain Product</i>	Spaghetti Noodles	Multi Grain Bread	Whole Wheat wraps	Bowtie Pasta	Whole Wheat English Muffins
• <i>Vegetables</i>	Carrots, Cabbage, Zucchini Mushrooms, Spinach	Greek Salad (cucumbers, Tomatoes, Red Onions) Orange peppers	Mixed Vegetables	Mushrooms, Leeks, Red/Orange Peppers and Poppy Seed Dressing	Assorted Peppers, Mushrooms, Tomato Sauce, Cucumber Slices
• <i>Milk Product</i>		Feta Cheese	Mozzarella/Cheddar Cheese		Mozzarella Cheese
	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetable Stir Fry	Cheese Sandwiches	Cheese Quesidillas	Chick Peas Salad & Pasta	
Afternoon Snack					
• <i>Meat or Alternative</i>					Sunflower Butter
• <i>Fruit or Vegetable</i>	Applesauce	Vegetables	Mixed Berry Crisp	Berries	Bananas
• <i>Grain Product</i>	Graham Crackers	Triscuits		Graham Crackers	Whole Wheat Crackers
• <i>Milk Product</i>		Taziki Dip		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 snacks



Summer Menu – Week 2
May – August

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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	Multi Grain Bread/Cinnamon Spread	Carrot Muffins	Egg slices Whole Wheat Crackers	Pumpkin and Hemp Heart Smoothie
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>					
• <i>Milk Product</i>					
Lunch	Cheese, Spinach & Mushroom Quiche	Sweet & Sour Chicken	Fish Burgers	Turkey Sausage & Rice	Grilled Cheese Sandwiches
• <i>Meat or Alternative</i>	Eggs	Chicken (separate)	White Fish Fillets	Turkey Sausage	Cheese Slices
• <i>Grain Product</i>	Pie Shells	Basmati Confetti Rice	Whole Wheat Hamburger Buns	Whole Wheat Rice	Whole Grain Bread
• <i>Vegetables</i>	Spinach, mushrooms, onions Vegetables on side	Celery, Peppers, onion in rice Broccoli Salad with raisins Red Onion	Mixed Vegetables	Broccoli & Cauliflower	Garden Salad
• <i>Milk Product</i>	Feta Cheese Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Zucchini Noodles with Seasoning	Homemade Falafals	Fried Tofu	
Afternoon Snack	Fruit Scones	Fresh Strawberries/Melon Yogurt Dip	Southwest Vegetable Spread and Triscuits	Chewy Oatmeal Cranberry Cookies	Savory Spread 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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Summer Menu – Week 3
May - August

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>		Banana Smoothie		Strawberry Jam	Egg Slices
• <i>Grain Product</i>	Cheerios	Chia Seeds	Cinnamon Strudel Muffins	Whole Wheat Crackers	
• <i>Milk Product</i>	Milk				Cheese Cubes
Lunch	Chinese Spring Rolls	Shepherd’s Pie	Cold Plate	Chicken Parmesan	Baked Salmon
• <i>Meat or Alternative</i>	Cheese Cubes	Beef	Hard Boiled Eggs	Chicken	Salmon Fillets
• <i>Grain Product</i>	Basmati Rice	Mashed Potatoes	Whole Wheat Hamburger Buns	Whole Wheat Couscous	
• <i>Vegetables</i>	Vegetables Spring Rolls Broccoli and Cauliflower	Cooked Carrots	Mixed Bean Salad with onions and peppers Cucumber Slices	Tomato, Cucumber, Homemade Herb Dressing Iceberg and romaine lettuce	Spinach & Strawberry Salad
• <i>Milk Product</i>	Milk	Milk	Milk	Feta Cheese Milk	Mozzarella Cheese Milk
• <i>Fruit</i>					Strawberries in Salad
• <i>Alternative</i>		Black Bean Pie & Butter Nut Squash Noodles	Cheese Cubes	Breaded Tofu	
Afternoon Snack					
• <i>Meat or Alternative</i>			Moroccan Chicken Salad		Banana Bread
• <i>Fruit or Vegetable</i>	Apple Butter	Banana/Sunflower Butter in Tortilla Shells	Sour Dough Bagels	Apple Sauce	
• <i>Grain Product</i>	Homemade Tea Biscuits		Mozzarella Cheese	Graham Crackers	
• <i>Milk Product</i>					

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Summer Menu – Week 4
May – August

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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>		Blueberries	Strawberries and Vanilla Smoothie	Applesauce	Banana Slices
• <i>Grain Product</i>	Shreddies	Quinoa Couscous Cereal		Whole Wheat Bagels	Bite Size Pancakes
• <i>Milk Product</i>	Milk				
Lunch	Breaded Fish Fingers	Black Bean & Sweet Potato Chili	Mandarin Chicken Salad	Scrambled Eggs & Hash Browns	Roast Beef Salad Sandwiches
• <i>Meat or Alternative</i>	Cod/Haddock Fillets	Black Beans	Chicken (separate)	Scrambled Eggs	Roast Beef
• <i>Grain Product</i>	Home Made Breading Basmati Rice	Corn Bread	Whole Grain Bread	Home Made Hash Brown Potatoes, Onions, Peppers	Whole Wheat Bread
• <i>Vegetables</i>	Broccoli, Cauliflower, Carrots	Peppers, Onions, Sweet Potatoes, Zucchini	Celery, Romaine Lettuce	Cucumber Slices	Mixed Vegetable Salad
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>			Grapes/Oranges in Salad		
• <i>Alternative</i>	Home Made Falafals		Chick Pea Mandarin Salad		Cheese sandwiches
Afternoon Snack					
• <i>Meat or Alternative</i>		Watermelon			Corn Salsa
• <i>Fruit or Vegetable</i>			Zucchini Loaf	Cereal and Oat Mix	Triscuits
• <i>Grain Product</i>	Naan Dippers				
• <i>Milk Product</i>	Swiss Cheese Spread	Plain Yogurt			

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- Fresh fruit and vegetables served at lunch and snacks



Summer Menu – Week 5
May – August

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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					
• <i>Fruit or Vegetable</i>		Mixed Berries		Berries	Banana Muffins
• <i>Grain Product</i>	Cheerios		Whole Grain Bagels	Ancient Grains Cereal	
• <i>Milk Product</i>	Milk	Cottage Cheese	Cheese Slices	Yogurt	
Lunch	Sloppy Joes	Grilled Mediterranean Salmon	Butter Chicken with Rice	Ancient Grain Stuffed Peppers	Budda Bowl
• <i>Meat or Alternative</i>	Ground Beef	Salmon Fillets	Chicken	6 Bean Mix	Egg Slices
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Naan Dippers	Brown Basmati Rice	Ancient Grains	Couscous
• <i>Vegetables</i>	Peppers on the Side	Cucumber & Tomato Salad Red Onions with Greek Dressing	Zucchini Sticks Onions Homemade Butter Sauce	Peppers, Onions, Mushrooms Cooked Carrots	Mixed Raw Veggies Diced Herb Dressing/Greek Dressing Ice Berg Lettuce Diced
• <i>Milk Product</i>	Milk	Feta Cheese Milk	Milk	Cottage Cheese Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Zucchini Noodles		Fried Tofu		
Afternoon Snack					
• <i>Meat or Alternative</i>	Sunflower Butter				
• <i>Fruit or Vegetable</i>	Banana Slices			Fruit Salad	Zucchini Dip
• <i>Grain Product</i>	Graham Crackers	Basbosa Arabic Squares (no eggs or flour)	Home Made Tea Biscuits Fruit Cream Cheese	Cheese Cubes	Triscuits
• <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