



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	Sour Cream Muffins	Whole Wheat Bagels	Oatmeal & Cinnamon	Graham Crackers
• <i>Milk Product</i>	Milk		Plain Yogurt		
Lunch	Chicken and Pasta Salad	Tuna Balls	Roast Beef on A Bun	Homemade Vegetarian Lasagna	Baked Potato & Cheddar Soup
• <i>Meat or Alternative</i>	Chicken (separate)	Tuna	Roast Beef		
• <i>Grain Product</i>	Bow Tie Pasta	Couscous	Whole Wheat Hamburger Buns	Whole Wheat Pasta	Whole Wheat Bread
• <i>Vegetables</i>	Leeks, Peppers, Shredded Carrots Poppy Sees Dressing	Mixed Vegetables	Lettuce, Tomato Slices	Diced tomatoes	With Butter Potatoes
• <i>Milk Product</i>	Milk	Cheese Milk	Mixed Vegetables	Spinach, zucchini Cheese Milk	Assorted Vegetables Homemade Cheese Sauce Milk
• <i>Fruit</i>			Milk		
• <i>Alternative</i>	Chick Pea Pasta Salad	Cheese Chunks	Cheese/Tofu on a Bun		Potato and Vegetable Soup no Dairy
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Bananas	Southwest Vegetable Dip		Zucchini Loaf	Cucumber Slices
• <i>Grain Product</i>		Triscuits	Whole Wheat Crackers		Naan Dippers
• <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					
• <i>Fruit or Vegetable</i>		Applesauce Banana Muffins		Apple Cinnamon	Fruit & Hemp Heart Smoothie
• <i>Grain Product</i>	Cheerios		Coconut Balls	Quinoa	Whole Wheat Crackers
• <i>Milk Product</i>	Milk				
Lunch	Minestrone Soup	Chicken Pot Pie	Baked Salmon	Pancakes & Hard Boiled Eggs	Beef Fajitas
• <i>Meat or Alternative</i>	Kidney Beans	Chicken	Salmon Filets	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 Home Made Herb Dressing	Cucumber Slices	Mixed Peppers Salsa & cheese on side
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Chick Peas in Pie	Homemade Falafals		Black Beans
Afternoon Snack					
• <i>Meat or Alternative</i>	Tuna Salad				Fruit Cream Cheese
• <i>Fruit or Vegetable</i>		Mandarin Oranges	Homemade Salsa	Vegetable Sticks	
• <i>Grain Product</i>	Naan Dippers		Triscuits	Whole Grain Bagels	Graham Crackers
• <i>Milk Product</i>		Plain Yogurt		Cheese Chunks	

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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					
• <i>Fruit or Vegetable</i>		Blueberry Muffins		Apple-Cinnamon Smoothie	Sunflower Butter
• <i>Grain Product</i>	Shreddies		Whole Grain Bagels	Tea Biscuits	Whole Wheat English
• <i>Milk Product</i>	Milk		Cream Cheese		Muffins
Lunch	Sweet & Sour Chicken Chunks	Turkey Sausage and Vegetable Rice	Broccoli Cheddar Soup/Chicken Sandwiches	Baked Fish w/ Mushrooms	Beef Chili
• <i>Meat or Alternative</i>	Chicken Chunks	Turkey Sausage	Chicken Salad	Fish Fillets	Ground Beef
• <i>Grain Product</i>	Whole Wheat Noodles	Whole Wheat Rice	Whole Wheat Bread	Basmati Rice	Whole Wheat Crackers
• <i>Vegetable</i>	Mixed Vegetables	Carrots, Peas, Corn Mixed in Rice	Broccoli and Onions	Mixed Vegetables	Peppers, Onions, Kidney Beans, Pinto Beans
• <i>Milk Product</i>	Milk	Milk	Cheese Milk	Cheese Milk	Cheddar Cheese on Side Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Homemade Falafals	Fried Tofu	Broccoli soup no cheese	Chick Peas	Vegetarian Chili
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Fruit	Pizza Dip	Banana Sour Cream Muffins	Apple Crisp	
• <i>Grain Product</i>		Triscuits			Wow Butter Cookies
• <i>Milk Product</i>	Plain Yogurt				

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Fall Menu – 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
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	Sloppy Joes	Chinese Spring Rolls	Tuna Quiche	Chicken with Teriyaki Sauce	Homemade Tomato Soup & Cheese Sandwiches
• <i>Meat or Alternative</i>	Ground Beef	Cheese Cubes	Tuna	Chicken	Slice Cheese
• <i>Grain Product</i>	Whole Wheat Rolls	Basmati Rice	Pastry Crust	Coucous	Whole Wheat Bread
• <i>Vegetable</i>	Assorted Vegetables	Broccoli, Cauliflower, Carrots	Cooked Carrots	Stir Fry Vegetables Homemade Teriyaki Sauce	Pepper Sticks
• <i>Milk</i>	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Black Bean Sloppy Joes		Rice with Vegetables		Vegetable Soup
Afternoon Snack					
• <i>Meat or Alternative</i>		Spinach Dip	Bananas	Homemade Fruit Salad	Carrot Quinoa Loaf
• <i>Fruit or Vegetable</i>		Pumpnickel Bread	Plain Yogurt	Cheese Cubes	
• <i>Grain Product</i>	Whole Wheat Naan Bread				
• <i>Milk Product</i>	Cheddar Cheese Spread				

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- Fresh fruit and vegetables served at lunch and snack



Fall Menu – Week 5
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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	Scrambled Eggs	Banana Bread	
• <i>Grain Product</i>	Shreddies	Whole Wheat Naan Bread	Assorted Crackers		Vanilla Smoothie
• <i>Milk Product</i>	Milk				Cheese Slices
Lunch	Chicken Potato Curry	Roast Beef and Gravy	Grilled Cod	Vegetarian Chili	Egg Salad Sandwiches
• <i>Meat or Alternative</i>	Chicken	Roast Beef		Assorted Beans	Eggs
• <i>Grain Product</i>	Whole Wheat Rice	Basmati Rice	Couscous	Whole Wheat Rolls	Multi-Grain Bread
• <i>Vegetable</i>	Tomato & Onion	Cucumber Slices Mashed Potatoes	Mushrooms, Herb Dressing	Vegetable Medley	Greek Salad (cucumbers, tomatoes, red onions, orange peppers)
	Cucumber Slices on Side				
• <i>milk</i>	Milk	Milk	Cheddar Cheese Milk	Milk	Feta Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Chick Peas	Homemade Falafals	Grilled Tofu		Cheese
Afternoon Snack					
• <i>Meat or Alternative</i>				Chunky Chicken Salad	
• <i>Fruit or Vegetable</i>		Apple Butter	Fresh Fruit	Pepper Sticks	
• <i>Grain Product</i>	Spice Cookies			Triscuits	Cereal and Oat Mix
• <i>Milk Product</i>		Homemade Tea Biscuits	Plain Yogurt		

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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