



**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
<b>Morning Snack</b>				Pumpkin Oatmeal	
• <i>Fruit or Vegetable</i>					
• <i>Grain Product</i>	Cheerios	Egg Slices & Naan Dippers	Coconut Balls		Whole Wheat Bagels
• <i>Milk Product</i>	Milk				Cream Cheese
<b>Lunch</b>	<b>Chicken Noodle Soup</b>	<b>Broccoli &amp; Cheese Quiche</b>	<b>Baked Salmon with Herb Dressing</b>	<b>Beef Stroganoff</b>	<b>Chicken Spring Rolls</b>
• <i>Meat or Alternative</i>	Chicken Strips	Eggs	Salmon	Ground Beef	Chicken Spring Rolls
• <i>Grain Product</i>	Whole Wheat Rotini Pasta Whole Wheat Crackers	Pie Shells	Basmati Red Rice (onions, tomato paste)	Whole Wheat Penne Pasta	Coucous
• <i>Vegetables</i>	Mixed Vegetables in Soup	Broccoli	Mixed Vegetables	Peas, Carrots, Onion	Mixed Vegetables
• <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	Chick Pea Stroganoff	Vegetable Spring Rolls
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Cucumber Slices	Fresh Fruit	Applesauce	Garden Greek Dip	Zucchini Loaf
• <i>Grain Product</i>	Whole Wheat Crackers		Homemade Tea Biscuits	Pumpernickel 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



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

Winter Menu - Week 2  
January - April

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>			Blueberries	Mandarin Oranges	Berries
• <i>Grain Product</i>	Shreddies	Maple Brown Sugar Oatmeal	Oatmeal		
• <i>Milk Product</i>	Milk	Muffins		Cottage Cheese	Yogurt
<b>Lunch</b>	<b>Curry Chicken &amp; Lentil Rice</b>	<b>Hamburger Soup</b>	<b>Chicken and Cheese Quesadillas</b>	<b>Roast Beef &amp; Mashed Potatoes</b>	<b>Tuna Balls</b>
• <i>Meat or Alternative</i>	Chicken and Crushed Tomatoes	Ground Beef	Chicken	Roast Beef	Tuna
• <i>Grain Product</i>	Lentils with Rice	Whole Wheat Noodles Whole Wheat Hamburger Buns	Whole Wheat Tortilla Shells	Gravy Mashed Potatoes	Basmati Rice
• <i>Vegetables</i>	Cooked Carrots	Crushed/Diced Tomatoes Assorted Vegetables	Mixed Peppers	Assorted Vegetables	Assorted Vegetables
• <i>Milk Product</i>	Milk	Milk	Milk Shredded cheese	Milk	Milk Mozzerella Cheese
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Vegetable Noodle Soup	Bean Quesadillas	Fried Tofu	
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Tuna Salad		Black Bean Dip		
• <i>Fruit or Vegetable</i>		Cucumber Slices			
• <i>Grain Product</i>	Melba Toast	Naan Dippers	Triscuits	Whole Grain Bagels	Oat and Craisin Cookies
• <i>Milk Product</i>	(infants crackers)	Cream Cheese		Cheese Slices	

**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



**Winter Menu - Week 3**  
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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>		Berries	Carrot Muffins		Fruit Smoothie
• <i>Grain Product</i>	Cheerios	Ancient Grains Porridge		Bite Size Pancakes	Graham Crackers
• <i>Milk Product</i>	Milk	Yogurt			
<b>Lunch</b>	<b>Turkey Sausage</b>	<b>Baked Fish Fillets &amp; Herb Dressing</b>	<b>Beef Barley Soup</b>	<b>Three Cheese Quiche</b>	<b>Macaroni &amp; Cheese</b>
• <i>Meat or Alternative</i>	Turkey Sausage	Cod/haddock Fish Fillets	Ground Beef	Egg	Cheese Sauce
• <i>Grain Product</i>	Rice	Couscous	Barley Whole Wheat Rolls	Pie Shells	Macaroni Noodles
• <i>Vegetables</i>	California Mix Vegetables	Assorted Vegetables Mushrooms in Fish	Green Beans, Corn, Carrots	Mixed Vegetables, Onions	Cooked Broccoli
• <i>Milk Product</i>	Milk	Cheddar Cheese Milk	Milk	Cheddar/Parmesan/Mozza Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Borgul with Black Beans		Barley Vegetable Soup		Macaroni in Tomato Sauce
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Chicken Salad			Berries	Veggie Pinwheels
• <i>Fruit or Vegetable</i>		Mandarin Oranges			Peppers and Cucumbers
• <i>Grain Product</i>	Naan Bread	Whole Wheat Crackers	Cereal and Oat Mix		Tortilla shells
• <i>Milk Product</i>				Yogurt	Cream Cheese

**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



**Winter Menu - Week 4**  
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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>		Applesauce	Pumpkin Muffins		Fruit Smoothie
• <i>Grain Product</i>	Shreddies	Whole Wheat Bagels		Naan Bread	Graham Crackers
• <i>Milk Product</i>	Milk			Egg Slices	
<b>Lunch</b>	<b>Chicken Stew</b>	<b>Tuna Melts</b>	<b>Lentil Soup</b>	<b>Spaghetti &amp; Meat Sauce</b>	<b>Egg Salad Sandwiches &amp; Home Fries</b>
• <i>Meat or Alternative</i>	Chicken	Tuna	Lentils and Mushrooms Meat Kabbab	Ground Beef	Egg Salad
• <i>Grain Product</i>	Tea Biscuits Potatoes	Whole Wheat Bread		Spaghetti Noodles	Home Fries Whole Wheat Bread
• <i>Vegetables</i>	Assorted Vegetables	Cucumber Slices Cheese Slices	Onions and Celery	Mixed Vegetables in Sauce	Mixed Vegetables
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Vegetable Stew	Cheese Melts	Stew with chick peas/	Spaghetti and Vegetable Sauce	Cheese Sandwiches
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Peach Crisp		Strawberries/bananas	Homemade Granola	
• <i>Grain Product</i>		Triscuits	Yogurt Dip	Bars	Assorted Crackers
• <i>Milk Product</i>		Cheese Dip			Cheese Cubes

**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



Winter Menu - Week 5  
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
<b>Morning Snack</b>				Strawberry/Banana	
• <i>Fruit or Vegetable</i>		Banana Muffins	Sunflower Butter	Smoothie	Scrambled eggs
• <i>Grain Product</i>	Cheerios		English Muffins	Whole Wheat Crackers	Whole Wheat Crackers
• <i>Milk Product</i>	Milk				
<b>Lunch</b>	<b>Pasta Primavera</b>	<b>Chicken and Vegetable Fried Rice</b>	<b>Salmon in Herb Dressing</b>	<b>Lasagna</b>	<b>Corn Chowder</b>
• <i>Meat or Alternative</i>		Chicken	Salmon	Ground Beef	
• <i>Grain Product</i>	Whole Wheat Pasta	Whole Wheat Rice	Couscous	Lasagna Noodles	Multi Grain Bred
• <i>Vegetables</i>	Carrots, Broccoli	Mixed Vegetables	Assorted Vegetables	Tomatoes, Peppers	Corn, celery, carrots, Kidney beans, squash
	Cauliflower			Onions	
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Milk
				Cheese	
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Chickpea & Vegetable Fried Rice		Vegetable Lasagna	
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Tuna Salad			Hot Broccoli Dip	Black Bean Brownies
• <i>Fruit or Vegetable</i>		Applesauce	Cheese Slices		
• <i>Grain Product</i>	Triscuits	Melba Toast	Tea Biscuits	Naan Dippers	
• <i>Milk Product</i>					

**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