



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>				Apple Butter	
• <i>Fruit or Vegetable</i>	Bananas	Southwest Vegetable Dip			
• <i>Grain Product</i>		Triscuits	Whole Wheat Crackers	Naan Dippers	Zucchini Loaf
• <i>Milk Product</i>	Cottage Cheese		Sliced 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		Cream Cheese and Graham Cracker Balls	Quinoa	Whole Wheat Crackers
• <i>Milk Product</i>	Milk				
Lunch	Minestrone Soup	Parmesean Chicken	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	Cousous	Whole Wheat Rice	Homemade Pancakes	Whole Wheat Tortilla's
• <i>Vegetable</i>	Assorted Vegetables in Soup	Broccoli and Cauliflower	Assorted Vegetables Home Made Herb Dressing	Cucumber Slices	Mixed Peppers Salsa & cheese on side
• <i>Milk Product</i>	Milk	Parmesean Cheese Milk	Milk	Milk	Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Baked Tofu	Tofu and Chick Peas	Cheese Chunks	Black Beans
Afternoon Snack					
• <i>Meat or Alternative</i>	Tuna Salad				Fruit Cream Cheese
• <i>Fruit or Vegetable</i>		Mandarin Oranges	Applesauce English Muffins	Whole Grain Bagels Cheese Chunks	Graham Crackers
• <i>Grain Product</i>	Naan Dippers				
• <i>Milk Product</i>		Yogurt			

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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 Butter	Apple-Cinnamon Smoothie	Sunflower Butter
• <i>Grain Product</i>	Shreddies		Whole Grain Bagels	Graham Crackers	Whole Wheat English Muffins
• <i>Milk Product</i>	Milk				
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>	Lentils and Vegetables	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		Apple Crisp	
• <i>Grain Product</i>		Triscuits	Cereal Mix		Wow Butter Cookies
• <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		
• <i>Grain Product</i>	Cheerios	Pumpkin Muffins	Whole Wheat Crackers	Ancient Grains Porridge	Whole Wheat Toast
• <i>Milk Product</i>	Milk				Cheese Slices
Lunch	Beef Meatballs and Burgel	Chinese Spring Rolls	Tuna Quiche	Chicken with Teriyaki Sauce	Homemade Tomato Soup & Cheese Sandwiches
• <i>Meat or Alternative</i>	Beef Meatballs	Cheese Cubes	Tuna	Chicken	Slice Cheese
• <i>Grain Product</i>	Burgel	Basmati Rice	Pastry Crust	Coucous	Whole Wheat Bread
• <i>Vegetable</i>	Crushed Tomato and Onions Assorted Vegetables	Broccoli, Cauliflower, Carrots	Cooked Carrots	Stir Fry Vegetables Homemade Teriyaki Sauce	Cucumber Slices
• <i>Milk</i>	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Chick Peas and Burgel		Lentils and Vegetables	Fried Tofu and Seasoning	Vegetable Soup
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>		Bananas	Homemade Fruit Salad	Banana Sour Cream Muffins	Spinach Dip
• <i>Grain Product</i>	Naan Dippers	Yogurt			Pumpernickel 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>		Apple Sauce	Egg Slices	Banana Bread	
• <i>Grain Product</i>	Shreddies	Naan Dippers	Whole Wheat Crackers		Vanilla Smoothie
• <i>Milk Product</i>	Milk				Whole Wheat Bagels
Lunch	Chicken Potato Curry	Grilled Cod	Pan Burgel	Vegetarian Chili	Egg Salad Sandwiches
• <i>Meat or Alternative</i>	Chicken	Cod Fillets	Ground Beef	Assorted Beans	Eggs
• <i>Grain Product</i>	Basmati Rice	Couscous	Burgel	Whole Wheat Hamburger Buns	Multi-Grain Bread
• <i>Vegetable</i>	Tomato & Onion	Mushrooms Herb Dressing California Mixed Vegetables	Peppers, onions, tomato paste and diced tomatoes Carrots	Vegetable Medley in Chili	Greek Salad (cucumbers, tomatoes, red onions, orange peppers)
	Zucchini Sticks				
• <i>milk</i>	Milk	Cheddar Cheese Milk	Milk	Milk	Feta Cheese Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Chick Peas	Baked Tofu and Vegetables	Grilled Tofu		Cheese Sandwiches
Afternoon Snack					
• <i>Meat or Alternative</i>				Chunky Chicken Salad	
• <i>Fruit or Vegetable</i>		Apple Butter	Fresh Fruit	Triscuits	Cereal and Oat Mix
• <i>Grain Product</i>	Spice Cookies				
• <i>Milk Product</i>		Homemade Tea Biscuits	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