



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>				Raspberry Spinach Twist	Blueberries
• <i>Grain Product</i>	Cheerios	Whole Wheat Cinnamon Toast	Applesauce Muffins	Smoothie	Oatmeal
• <i>Milk Product</i>	Milk			Graham Crackers	
Lunch	Korean Stir Fry	Veggie Pizza	Egg Salad Sandwiches	Chicken/ Pasta Salad	Haddock/Cod Fillets
• <i>Meat or Alternative</i>	Ground Beef		Egg	Chicken (separate)	Fish
• <i>Grain Product</i>	Spaghetti Noodles	Whole Wheat English Muffins	Whole Wheat Bread	Bowtie Pasta	Couscous
• <i>Vegetables</i>	Carrots, Cabbage, Zucchini Mushrooms, Spinach	Assorted Peppers, Tomato Sauce Cucumbers Slices	Greek Salad (Cucumbers, Peppers, Tomatoes, Red Onion)	Mushrooms, Leeks, Red/Orange Peppers and Poppy Seed Dressing	Mixed Vegetables Herb Dressing
• <i>Milk Product</i>		Mozzarella Cheese	Feta Cheese		
	Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>	Vegetable Stir Fry		Cheese Sandwiches	Chick Peas Salad & Pasta	Herbed Tofu
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Applesauce	Vegetables		Sunflower Butter	
• <i>Grain Product</i>	Graham Crackers	Triscuits	Graham Crackers	Whole Wheat Crackers	Cereal Mix
• <i>Milk Product</i>		Tzatziki 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	Egg Slices Whole Wheat Bagels	Whole Wheat Crackers Cheese Slices	Carrot Muffins	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	Tuna Quesidillas	Turkey Sausage & Rice	Grilled Cheese Sandwiches
• <i>Meat or Alternative</i>	Eggs	Chicken (separate)	Tuna	Turkey Sausage	Cheese Slices
• <i>Grain Product</i>	Pie Shells	Basmati Rice	Whole Wheat Wraps	Whole Wheat Rice	Whole Wheat Bread
• <i>Vegetables</i>	Spinach, mushrooms, onions Vegetables on side	Broccoli Salad with Craisins & Red Onion	Mixed Vegetables	Broccoli & Cauliflower	Cucumber Salad Oil & Vinegar Dressing
• <i>Milk Product</i>	Feta Cheese Milk	Milk	Cheddar Cheese Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>		Chick Peas & Tofu	Cheese Quesidillas	Chick Peas & Seasoning	
Afternoon Snack	Savory Spread Whole Wheat Crackers	Assorted Fruit Yogurt Dip	Southwest Vegetable Spread and Triscuits	Apple Butter with Naan Dippers	Cold Broccoli Dip with Vegetables
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>					
• <i>Milk Product</i>					

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Summer Menu – Week 3
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>		Banana Smoothie	Pumpkin Oatmeal	Sunflower Butter	Egg Slices
• <i>Grain Product</i>	Cheerios	Chia Seeds		Whole Wheat Crackers	
• <i>Milk Product</i>	Milk				Cheese Cubes
Lunch	Chinese Spring Rolls	Shepherd's Pie	Cold Plate	Mandarin Chicken Salad	Baked Salmon
• <i>Meat or Alternative</i>	Cheese Cubes	Beef	Hard Boiled Eggs	Chicken (Separate)	Salmon Fillets
• <i>Grain Product</i>	Basmati Rice	Mashed Potatoes	Whole Wheat Hamburger Buns	Whole Wheat Bread	
• <i>Vegetables</i>	Vegetables Spring Rolls Broccoli and Cauliflower	Cooked Carrots	Mixed Bean Salad with onions and peppers Cucumber Slices	Celery, Romaine Lettuce	Spinach & Strawberry Salad
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Mozzarella Cheese Milk
• <i>Fruit</i>				Grapes & Oranges in Salad	Strawberries in Salad
• <i>Alternative</i>		Black Bean Pie & Butter Nut Squash Noodles	Cheese Cubes	Chick pea Salad	Tofu in Herb Dressing
Afternoon Snack					
• <i>Meat or Alternative</i>			Moroccan Chicken Salad		
• <i>Fruit or Vegetable</i>	Apple Butter	Garden Greek Dip		Apple Sauce	Banana Bread
• <i>Grain Product</i>	Whole Wheat English Muffins	Pumpnickel Bread	Triscuits	Graham Crackers	
• <i>Milk Product</i>			Mozzarella Cheese		

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Summer Menu – Week 4
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>		Blueberries	Strawberries and Vanilla	Applesauce	Banana Slices
• <i>Grain Product</i>	Shreddies	Cottage Cheese	Smoothie	Whole Wheat Bagels	Whole Wheat Crackers
• <i>Milk Product</i>	Milk				Sunflower Butter
Lunch	Tuna Melts	Black Bean & Sweet Potato Chili	Chicken Parmesean	Scrambled Eggs & Hash Browns	Roast Beef Salad Sandwiches
• <i>Meat or Alternative</i>	Tuna	Black Beans	Chicken	Scrambled Eggs	Roast Beef
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Whole Wheat Crackers	Whole Wheat Couscous	Home Made Hash Brown	Whole Wheat Bread
• <i>Vegetables</i>	California Vegetable Mix	Peppers, Onions, Sweet Potatoes, Zucchini	Cooked Carrots	Potatoes, Onions, Peppers Cucumber Slices	Mixed Vegetable Salad (in an oil & vinegar dressing no lettuce)
• <i>Milk Product</i>	Cheese Slices Milk	Milk	Milk	Milk	Milk
• <i>Fruit</i>					
• <i>Alternative</i>			Breaded Tofu		Cheese sandwiches
Afternoon Snack					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>		Mandarin Oranges			
• <i>Grain Product</i>	Naan Dippers	Multi Grain Bagels	Graham Crackers	Melba Toast	Zucchini Loaf
• <i>Milk Product</i>	Swiss Cheese Spread		Yogurt	Pineapple Cream Cheese	

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- Fresh fruit and vegetables served at lunch and snacks



Summer Menu – Week 5
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>		Banana Muffins		Berries	Banana Smoothie
• <i>Grain Product</i>	Cheerios		Whole Grain Bagels	Ancient Grains Cereal	Whole Wheat Crackers
• <i>Milk Product</i>	Milk		Cheese Slices	Yogurt	
Lunch	Sloppy Joes	Pasta Salad with Chick Peas	Cold Plate	Grilled Mediterranean Fish	Butter Chicken with Rice
• <i>Meat or Alternative</i>	Ground Beef	Cheese Slices	Hard Boiled Eggs	Salmon	Chicken
• <i>Grain Product</i>	Whole Wheat Hamburger Buns	Bow Tie Pasta	Whole Wheat Bread	Naan Dippers	Couscous
• <i>Vegetables</i>	Peppers on the Side	Leeks, Peppers, Shredded Carrots, Poppy Seed Dressing	Mixed Vegetable Salad with Craisins	Cucumber & Tomato Salad Red Onions with Greek Dressing	Zucchini Sticks
• <i>Milk Product</i>	Milk	Milk	Cheese Chunks Milk	Feta Cheese Milk	Homemade Butter Sauce 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		Graham Cracker	Fruit Salad	Zucchini Dip
• <i>Grain Product</i>	Graham Crackers	Basbosa Arabic Squares (no eggs or flour)	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