



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>					
• <i>Fruit or Vegetable</i>		Apple Sauce		Pumpkin Oatmeal	Mixed Fruit
• <i>Grain Product</i>	Cheerios	Graham Crackers	Egg Slices & Naan Dippers		
• <i>Milk Product</i>	Milk				Yogurt
<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>Spring Rolls</b>
• <i>Meat or Alternative</i>	Chicken Strips	Eggs	Salmon	Ground Beef	
• <i>Grain Product</i>	Whole Wheat Rotini Pasta Whole Wheat Crackers	Pie Shells	Basmati Red Rice (onions, tomato paste)	Whole Wheat Penne Pasta	Couscous
• <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	
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					
• <i>Fruit or Vegetable</i>	Fruit Muffins			Zucchini Loaf	Garden Greek Dip Pumpernickel Bread
• <i>Grain Product</i>		Dry Cereal Mix	Wholewheat Bagels Cream Cheese		
• <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 snack



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Fruits and Vegetables

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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>		Mandarin Oranges	Berries		Blueberries
• <i>Grain Product</i>	Shreddies	Graham Crackers		Wholewheat Crackers	Oatmeal
• <i>Milk Product</i>	Milk		Yogurt	Cheese Slices	
<b>Lunch</b>	<b>Curry Chicken &amp; Lentil Rice</b>	<b>Cheese Tortellini with Rose Sauce</b>	<b>Eggplant with Peppers</b>	<b>Tuna Balls</b>	<b>Hamburger Soup</b>
• <i>Meat or Alternative</i>	Chicken and Crushed Tomatoes	Cheese Tortellini	Ground Beef	Tuna	Ground Beef
• <i>Grain Product</i>	Lentils with Rice	Tortellini Pasta	Couscous	Basmati Rice	Whole Wheat Noodles Whole Wheat Crackers
• <i>Vegetables</i>	Cooked Carrots	Broccoli, Cauliflower and Carrot Mixed Vegetables Rose Sauce	Potato, Peppers, Onions Egg Plant	Assorted Vegetables	Diced Tomatoes Assorted Vegetables in Soup
• <i>Milk Product</i>	Milk	Milk	Milk	Milk Mozzarella Cheese	Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Chick Peas	Regular Pasta in Tomato Sauce		Fried Tofu	Vegetable Soup
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>					Apple Slices
• <i>Fruit or Vegetable</i>	Banana Bread	Cucumber Slices	Sunflower Butter	Carrot Muffins	Graham Crackers
• <i>Grain Product</i>		English Muffins	Naan Dippers		Cheese
• <i>Milk Product</i>		Cream Cheese			

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**Winter Menu - Week 3**  
January - April

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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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>		Berries	Apple Butter	Berries	Apple Sauce
• <i>Grain Product</i>	Cheerios		Whole Grain Bagels	Oatmeal	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>Vegetarian Chili</b>	<b>Macaroni &amp; Cheese</b>
• <i>Meat or Alternative</i>	Turkey Sausage	Cod/haddock Fish Fillets	Ground Beef	Assorted Beans	Cheese Sauce
• <i>Grain Product</i>	Rice	Couscous	Barley Whole Wheat Rolls	Naan Dippers	Macaroni Noodles
• <i>Vegetables</i>	California Mix Vegetables	Assorted Vegetables Mushrooms in Fish	Green Beans, Corn, Carrots	Mixed Vegetables in Chili	Cooked Broccoli
• <i>Milk Product</i>	Milk	Cheddar Cheese Milk	Milk	Milk	Cheddar Cheese Milk
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>	Baked Tofu	Chick Peas	Barley Vegetable Soup		Macaroni in Tomato Sauce
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Chicken Salad			Sunflower Butter	
• <i>Fruit or Vegetable</i>		Pumpkin Bread	Carrot Muffins		
• <i>Grain Product</i>	Triscuits			Naan Dippers	Cereal Mix
• <i>Milk Product</i>					

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**Winter Menu - Week 4**  
January - April

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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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>			Bananas	Applesauce	Fruit Smoothie
• <i>Grain Product</i>	Shreddies	Naan Dippers		Whole Wheat Bagels	Graham Crackers
• <i>Milk Product</i>	Milk	Egg Slices	Cottage Cheese		
<b>Lunch</b>	<b>Chicken Stew</b>	<b>Tuna Melts</b>	<b>Beef Meatballs and Burgel</b>	<b>Chinese Spring Rolls</b>	<b>Egg Salad Sandwiches</b>
• <i>Meat or Alternative</i>	Chicken	Tuna	Meatballs	Spring Rolls Vegetable	Egg Salad
• <i>Grain Product</i>	Potatoes	Whole Wheat Bread	Burgel	Basmati Rice	Whole Wheat Bread
• <i>Vegetables</i>	Assorted Vegetables	Cucumber Slices	Crushed Tomatoes, Onions	California Mix Vegetables	Cucumbers, Tomatoes, Onion, Peppers, Craisins, Greek Dressing
• <i>Milk Product</i>	Milk	Cheese Slices	Assorted Vegetables		
• <i>Fruit</i>		Milk	Milk	Milk	Milk
• <i>Vegetarian Alternate</i>	Vegetable Stew	Cheese Melts	Chick Peas and Burgel		Cheese Sandwiches
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Sunflower Butter				
• <i>Fruit or Vegetable</i>		Banana Sour Cream Bread	Pumpkin Muffins		Apple Butter
• <i>Grain Product</i>	Whole Wheat English muffins			Naan Dippers	Whole Wheat Crackers
• <i>Milk Product</i>				Cheese Chunks	

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Winter Menu - Week 5  
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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
<b>Morning Snack</b>					
• <i>Fruit or Vegetable</i>		Fruit	Sunflower Butter	Mandarin Oranges	Strawberry/Banana
• <i>Grain Product</i>	Cheerios		English Muffins	Graham Crackers	Smoothie and Bagels
• <i>Milk Product</i>	Milk	Yogurt			
<b>Lunch</b>	<b>Pasta Primavera</b>	<b>Chicken and Vegetable Fried Rice</b>	<b>Salmon in Herb Dressing</b>	<b>Spaghetti and Meat Sauce</b>	<b>Three Cheese Quiche</b>
• <i>Meat or Alternative</i>		Chicken	Salmon	Ground Beef	Eggs
• <i>Grain Product</i>	Whole Wheat Pasta	Whole Wheat Rice	Couscous	Spaghetti Noodles	Pie Shells
• <i>Vegetables</i>	Carrots, Broccoli Cauliflower	Mixed Vegetables	Assorted Vegetables	Mixed Vegetables in Sauce	Mixed Vegetables, Onions
• <i>Milk Product</i>	Milk	Milk	Milk	Milk	Milk Cheddar/Parmesean/Mozza
• <i>Fruit</i>					
• <i>Vegetarian Alternate</i>		Chickpea & Vegetable Fried Rice		Vegetable Lasagna	
<b>Afternoon Snack</b>					
• <i>Meat or Alternative</i>	Tuna Salad				
• <i>Fruit or Vegetable</i>		Banana Bread	Fruit Muffins		
• <i>Grain Product</i>	Triscuits			Naan Dippers	Cereal Mix
• <i>Milk Product</i>				Cheese Slices	

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- Fresh fruit and vegetables served at lunch and snacks