

Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Wholegrain Cereal and Milk	Banana Blueberry Muffin	Wholegrain Cereal and Milk
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Baked Penne with Tomato, Lentil and Vegetable Sauce and Mozzarella Cheese	Greek Chicken, Veggie and Rice Skillet	One Pot Philly Cheesesteak Pasta	Tomato Soup	Jamaican Jerk Chicken
	Green beans	Greek Chickpea, Veggie and Rice Skillet Pita Triangles	One Pot Cheese-bean Pasta	Grilled Cheese Sandwiches	Vegetable and Cheese Egg Muffin
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Berrylicious Smoothie	Crackers Ranch Dip	Oatmeal Cookie	Rice Cakes Hummus	Apple Cinnamon Scone
	Trail Mix	Rainbow Pepper Sticks	Seasonal Fresh Fruit	Carrot Sticks, Snap Peas	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

Our nutritious diverse meals are homemade from scratch and are dietitian approved to maximize nutrition. Wherever possible we include healthy additions such as whole-wheat or whole-grain options for bread, pasta and crackers as well as lower amounts of salt and sugar.

V=Vegetarian option listed in green

Late afternoon pickups: remaining snack items as well as cereal mix

To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.

Infants will be offered the same as older children when developmentally appropriate.

January 2022

Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Wholegrain Cereal and Milk	Lemon Raspberry Muffins	Wholegrain Cereal and Milk
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Cheese Tortellini and Vegetable Primavera	Korean Beef, Veggie and Rice Bowls	Chicken and Vegetable Pot Pie with Biscuit Topping	Hearty Lasagna Soup	Chefs Choice Menu
		Tofu, Veggie and Rice Bowls	Vegetable and Bean Pot Pie	Hearty Vegetable Lasagna Soup	Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
	Peas	Cucumber Slices	Broccoli	Garlic Toast	
				Carrot Sticks	
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	
	Milk	Milk	Milk	Milk	Milk
PM Snack	Bagels with Cinnamon Cream Cheese Apple Slices	Pumpkin Loaf	Crackers, Cheese Cubes, Pineapple Tidbits	Baked Savoury Pita Triangles Salsa Cucumber Slices	Black Bean Brownies
		Seasonal Fresh Fruit			Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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January 2022

Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Wholegrain Cereal and Milk	Apple Cinnamon Muffin	Wholegrain Cereal and Milk
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Spaghetti with Homemade Tomato, Lentil and Vegetable Sauce Parmesan Cheese	Butternut Squash and lentil soup	Black Bean and Vegetable Enchilada Rice Casserole	Shepherd's Pie with Crispy Potato Topping	Butter Chicken Curry
	Green beans	Turkey Sandwiches Cheese Sandwiches	Carrot Sticks	Shepherd's Pie made with Veggie Ground Round	Chickpea and Vegetable Curry
	Seasonal Fresh Fruit	Cucumber Slices	Carrot Sticks	Broccoli	Mini Naan Bread
	Milk	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Peas
	Milk	Milk	Milk	Milk	Milk
PM Snack	Rice Cakes Carrot Sticks, Snap Peas Ranch Dip	Pizza Triangles, Cucumber Slices	Banana Blueberry Smoothie Trail Mix	Crackers With Herb and Garlic Cream Cheese, Red Pepper sticks Cucumber Slices	Banana Bread
	Water	Water	Water	Water	Water

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Late afternoon pickups: remaining snack items as well as cereal mix

To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.

Infants will be offered the same as older children when developmentally appropriate.

January 2022

Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal and Milk	Yogurt and Puffed Wheat or Homemade Granola	Wholegrain Cereal and Milk	Carrot Muffin	Wholegrain Cereal and Milk
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water
Lunch	Butternut Squash Macaroni and Cheese	Beef, Tomato and Mini Pasta Soup	BBQ Chicken and Cheese Quesadillas	Hearty Chicken Noodle Soup	Chefs Choice Menu Details will be posted on the menu changes form and the meal will include a serving from each of the food groups.
		Bean, Tomato and Mini Pasta Soup Garlic Toast	Cheese Quesadillas	Hearty Bean, Vegetable and Noodle Soup Whole-wheat Bun	
	Mixed Vegetables	Carrot Sticks	Garden Salad	Rainbow Pepper Sticks	
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Milk	Milk	Milk	Milk	Milk
PM Snack	Mini Naan Bread Hummus Cucumber Pepper Sticks	Oatmeal Cookie	Bagels with Cinnamon Cream Cheese Apple Slices	Crackers Cheese Cubes Pineapple Tidbits	Blueberry Muffins
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Water	Water	Water	Water	Water

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Late afternoon pickups: remaining snack items as well as cereal mix

To ensure variety and seasonal offerings, fruit choice will be posted on the daily fruit log.

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