

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Applesauce with Digestive cookies Milk	Waffles with syrup Milk	Fruit and yogurt Milk	Whole Wheat Toast and jam Milk	Egg slices on ritz crackers Milk
LUNCH Meat or Alternative	Fish Sticks	Homemade Vegetable Minestrone Soup	Mexican Quiche (chicken, salsa, cheese)	Spaghetti with Meat Sauce	Turkey Sausage
Grain Products	Buttered egg noodles	Whole wheat bun			
Vegetable	Carrots	Cucumber slices	Broccoli	Caesar Salad	Roasted Root Vegetable (sweet potatoes, parsnips, turnip)
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Other foods					
MID-AFTERNOON SNACK	Bread sticks with Cheeseball Water	Nachos and Salsa Water	Hummus with whole wheat pita bread Water	Fresh fruit and bran crunch cookie Water	Cinnamon Chips with Applesauce Dip Water

* Condiments are served as needed.

* Menu items are subject to change due to availability and season. Changes will be noted on the posted copies at each centre.

* These menus have been reviewed by a Registered Dietician.