

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MID-MORNING SNACK</b>	Rice cakes with fruit flavoured cream cheese Milk	Cinnamon Toast  Milk	Peaches and cottage cheese  Milk	Graham crackers with apple butter  Milk	Scrambled eggs With onions and peppers  Milk
<b>LUNCH</b> Meat or Alternative	Chicken Tetrazzini	Fish and Vegetable Tacos	Beef Bourguignon	Ham	Grilled cheese sandwich
Grain Products		Tortilla wrap	Egg noodles	potatoes	
Vegetable	Garden salad	Coleslaw	Peas	Carrots	Veggie sticks
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Other foods					Baked french fries with ketchup
<b>MID-AFTERNOON SNACK</b>	Apples with fruit dip and fish crackers Water	Vegetables with dip and melba toast Water	Bread sticks with salsa Water	Veggie cream cheese roll-ups Water	Zucchini Bread & Greek yogurt smoothie 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.