

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MID-MORNING SNACK</b>	Cereal with milk	Fruit cocktail and digestive cookies Milk	Pumpernickel bread with cream cheese Milk	Oatmeal with brown sugar Milk	Pineapple tidbits and arrowroots Milk
<b>LUNCH</b> Meat or Alternative	Tuna Noodle Casserole	Homemade Chicken with rice soup	Deep Dish Zucchini Vegetarian Pizza Casserole	Texas rice with ground beef	Barbequed Pork on a Whole Wheat bun
Grain Products		Egg salad Whole Wheat pita pocket sandwich			
Vegetable	Green Beans	Lettuce, cucumber and tomato for the pita	Garlic Bread	Caesar Salad	Coleslaw and pickles
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Other foods					
<b>MID-AFTERNOON SNACK</b>	Polish sausage, pickles and crackers Water	Nachos and salsa Water	Pears and cheese cubes Water	Veggies sticks with dip and bread sticks Water	Chicken salad on crackers 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.