Owl
Child Care
Services of Ontario

Fall Menus (September 8 – December 24)
Week 4

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Graham crackers with jam Milk	Blueberry pancakes with syrup Milk	Home-made granola bars Milk	Applesauce and digestive cookies Milk	Banana slices and cereal Milk
LUNCH Meat or Alternative	Sausage	Cheese Tortellini with tomato sauce	Chicken broccoli bake	Fish	Lentil and Ground Beef Chili
Grain Products	Perogies with sautéed onions			Pasta Salad with Vegetables	Nacho chips
Vegetable	Carrots	Caesar salad	Garden salad	Tomatoes, peppers, carrots, celery in the pasta salad	
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Other foods	Sour cream				Sour cream Shredded Cheese
MID-AFTERNOON SNACK	Garlic bread with cheese Water	Salmon salad in mini pitas Water	Cereal & Dried Fruit Snack Mix Water	Ice cream sandwiches (graham crackers with vanilla ice cream) Water	Apple Cheddar Muffin & 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.