

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Blueberry Pancakes Milk	Whole Grain Cereal Milk	Homemade Granola Bars Milk	Oatmeal with Fruit Milk	Banana Slices in a Tortilla Wrap Milk
LUNCH Meat or Alternative	Sweet and Sour Chicken	Meatloaf	Cannellini Bean and Vegetable Soup	Mini Pizza on English muffins	Homemade Fish Cakes
Grain Products	Mini Eggrolls	Mashed Potatoes	Garlic toast		Long grain rice
Vegetable	California Mixed Vegetables	Peas	Vegetables in the soup	Beet and Apple Salad	Mixed Vegetables
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Other foods					
MID-AFTERNOON SNACK	Tuna Salad in Mini Pitas Water	Hardboiled egg slices on ritz crackers Water	Veggie Sticks with Dip & Animal Cookies Water	Snack mix with Fruit Water	Polish Sausage & Cheese Cubes on Crackers Water

* 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.