

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Applesauce with Digestives, Milk	Yogurt with Fruit and Granola, Milk	Pancakes with Berries and Syrup, Milk	Cereal with Banana Slices, Milk	English Muffins with Fruit Milk
LUNCH Meat or Alternative	Fish	Chef's Choice Soup	Butter chicken	Hearty Beef Stew	Roast Pork with Mashed Potatoes
Grain Products	Rice	Homemade Tea Biscuits	Egg Noodles	Whole Wheat Rolls	
Vegetable	Pepper slices	Veggies in the soup	Carrots	Veggies in the stew	Green Beans
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods					Gravy
MID-AFTERNOON SNACK	Cheeseball with Melba Toast Water	Bean Dip with Pita Bread Water	Nacho Chips and Salsa Water	Apple Slices with Cheese Cubes Water	Baked Loaf With Fruit 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.