

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Greek Yogurt & Homemade Granola (e.g., chia seeds, pumpkin seeds) Milk	Applesauce & Melba Toast Milk	Raisin Toast & Bananas Milk	Cottage Cheese & Crackers Milk	Whole Grain Cereal & Berries Milk
LUNCH Meat or Alternative	Chicken Parmesan	Fish	Chicken Lo Mein	Chef's Choice Soup	Beef Stew
Grain Products	Creamy Polenta	Rice	Noodles	Egg Salad Sandwich	Rolls
Vegetable	Peas	Green Beans	Sautéed carrots, broccoli, onion, red pepper, snow peas, mushrooms		Veggies in the Stew
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods					
MID-AFTERNOON SNACK	Bruschetta on Baguette Cracker Water	Veggie Plate (with dip) & Crackers Water	Sunflower Butter with Apple Slices Water	Hummus & Pita Bread Water	Whole Grain Banana Oat 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.