

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Apple Slices and Sunflower Butter Milk	Rice Cakes & Fruit Spread Milk	Oatmeal & Fruit Milk	Scrambled Eggs & Naan Milk	Muffins & Fresh Fruit Milk
LUNCH Meat or Alternative	Tuna Sandwiches	Chicken Pot Pie	Roast Pork	Vegetable Fried Rice	Vegetable Lasagna
Grain Products	Whole Wheat Bread Veggie Pasta Salad		Potatoes	Spring Rolls	Garlic Bread
Vegetable	Veggies in the Salad	Garden Salad	Carrots		Caesar Salad
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods			Corn Relish	Plum Sauce	
MID-AFTERNOON SNACK	Greek Yogurt Dip & Fruit Slices Water	Nacho Chips and Cowboy Caviar (black beans, corn, diced tomato, black eyed peas) Water	Bananas & Graham Crackers Water	Pizza Roll Ups (Vegetarian Options Available) Water	Polish Sausage, Pickles & 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.