

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MID-MORNING SNACK</b>	Digestives with Mandarin Oranges Milk	Yogurt with Fruit and Granola Milk	Muffins with Fruit Milk	Toasted Bagels and Applesauce Milk	Oatmeal with Berries Milk
<b>LUNCH</b> Meat or Alternative	Fish Fajitas	Chef's Choice Soup	Pulled Pork with BBQ Sauce	Honey Baked Chicken	Meat Lasagna Casserole
Grain Products	Whole Wheat Tortillas	Grilled Cheese Sandwiches	Potatoes	Rice	
Vegetable	Peppers and onions in the fajitas	Veggies in the soup	Mixed Vegetables	Broccoli	Caesar Salad
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods	Sour Cream Salsa	Ketchup	Applesauce		
<b>MID-AFTERNOON SNACK</b>	Dinner Roll with Jam Water	Chicken Salad with Crackers Water	Cheese Cubes & Fruit Slices Water	Egg Salad with Pitas & Cucumbers Water	Veggie Sticks & Dip with 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.