

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Arrowroots & Fruit Cocktail Milk	Spinach & Egg mini muffin Milk	Cinnamon Toast With Fruit Milk	Energy Bites (sunflower butter, oats, fruit spread, chia seeds, coconut flakes rolled into a ball) & Applesauce Milk	English Muffins & Sunflower Butter Milk
LUNCH Meat or Alternative	Sausage	Hawaiian Chicken (bell peppers, broccoli, chicken, onions, pineapple, zucchini)	Shepherd's Pie (Ground beef)	Crispy Baked Fish	Butternut Squash Macaroni & Cheese
Grain Products	Buns	Bowtie Pasta	Mashed Potatoes	Rice	
Vegetable	Coleslaw		Garden Salad	Mixed Vegetables	Green Beans
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods				Tartar Sauce	
MID-AFTERNOON SNACK	Bagels & Cream Cheese Water	Banana Wraps (banana, sunflower butter and whole wheat tortilla) Water	Nacho Chips and Cowboy Caviar (black beans, corn, diced tomato, black eyed peas) Water	Oatmeal Cranberry Bar & Fruit Water	Egg Salad, Pita Bread & Baby Carrots 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.