

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Wholegrain Cereal With Milk	Egg Slices with Crackers Milk	No Bake Granola Bars Milk	Fruit & Toast with Cinnamon Butter Milk	French Toast with Fruit & Syrup Milk
LUNCH Meat or Alternative	Vegetarian Alfredo Pasta	Chicken Enchilada Skillet	Chefs Choice Quiche	Fish	Sloppy Joes (Ground Beef) on a Bun
Grain Products		Rice	Melba Toast	Potatoes	
Vegetable	Caesar Salad	Pepper and onions in Skillet	Salad	Mixed Veggies	Green Beans
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods					
MID-AFTERNOON SNACK	Snack Mix with Cucumber Slices Water	Veggie Sticks & Dip with Crackers Water	Pizza/Antojitos Wraps Water	Applesauce and Graham Crackers Water	Kielbasa Sausage & Cheese Cubes on 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.