

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MID-MORNING SNACK</b>	Greek Yogurt & Homemade Granola (e.g., chia seeds, flax seeds, pumpkin seeds) Milk	Rice Cakes & Fruit Spread Milk	Egg Slices & Whole Grain Toast Milk	Muffins & Fresh Fruit Milk	Whole Grain Cereal & Berries Milk
<b>LUNCH</b> Meat or Alternative	Fish Burgers	Chicken with BBQ Sauce	Vegetarian Quesadillas	Sausage Tomato Penne	Cold Plate (Egg, & Cheese)
Grain Products	Whole Grain Buns	Potatoes		Pasta	Dinner Roll
Vegetable	Coleslaw	Peas	Chickpea Salad	Peppers & Onions	Salad
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods	Lettuce/Tomato/ Pickles Tartar Sauce		Sour Cream		Dressing
<b>MID-AFTERNOON SNACK</b>	Sunflower Butter and Apple Slices Water	Cheeseball & Melba Toast Water	Pears & Raisin Bread Water	Nacho Chips and Cowboy Caviar (black beans, corn, diced tomato, black eyed peas) Water	Hummus & Vegetables 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.