

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
MID-MORNING SNACK	Apples & Sunflower Butter Milk	Raisin Toast & Bananas Milk	English Muffins & Fruit Spread Milk	Oatmeal & Fruit Milk	Arrowroots & Berries Milk
LUNCH Meat or Alternative	Chicken Alfredo	Beef Burgers	Roasted Pork Loin	Fish	Vegetarian Chili
Grain Products	Pasta	Whole Grain Buns	Potato Salad	Rice	Garlic Bread
Vegetable	Caesar Salad	Tomato/Cucumber Salad	Broccoli, Cauliflower, Carrots	Green Beans	Vegetables in the chili
Milk Product	Milk	Milk	Milk	Milk	Milk
Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Other foods		Ketchup, Mustard, Relish	Honey Mustard		
MID-AFTERNOON SNACK	Melon & Greek Yogurt Dip Water	Ice cream and Graham Crackers Water	Homemade Loaf (banana bread, zucchini loaf) and Fruit Water	Roasted Red Pepper Dip & Pita Bread 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.