




-  Simple, wholesome ingredients for growing bodies and minds.
-  Meals and snacks using municipal, provincial and national nutritional guidelines.
-  Food kids love to eat.

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Céréales Rice Krispies avec du Lait, Fruit Frais</p> <p>Entrée Burger de Bœuf, Pain à Hamburger, Haricots Verts, Fruit Frais</p> <p>PM Snack Biscuits aux Épices, Fruit Frais, Yogurt à la Pêche</p>	<p>AM Snack Barre d'avoine à la Banane, Fruit Frais</p> <p>Entrée Oeufs Brouillés, Fromage Cheddar Râpé, Pain de Blé Entier, Carottes en Dés, Fruit Frais</p> <p>PM Snack Melba Toast au Blé Entier, Tranche de Fromage Cheddar, Fruit Frais</p>	<p>AM Snack Pancake de Blé Entier, Beurre de Pommes, Fruit Frais</p> <p>Entrée Poulet Panés, Riz Brun, Sauce aux Prunes, Petits Pois et Maïs, Fruit Frais</p> <p>PM Snack Biscuit à l'avoine et au Blé Entier, Compote de Pommes, Edamame</p>	<p>AM Snack Muffin de Blé Entier aux Carottes Biologique, Fruit Frais</p> <p>Entrée Ragoût de Dinde Cacciatore, Petit Pain de Blé Entier, Légumes-Feuilles, Vinaigrette Balsamique, Fruits Frais</p> <p>PM Snack Bâtonnets de Pain de Blé Entier, Hummus, Tranches de Concombre</p>	<p>AM Snack Cheerios Multi-Grain avec du Lait, Fruits Frais</p> <p>Entrée Bâtonnets de Poisson Panés, Tortilla de Blé Entier, Mélange de Légumes Ensoleillés (Haricots Vers, Carottes), Fruits Frais</p> <p>PM Snack Pain de Blé Entier aux Pommes et aux Canneberges, Mini-Carottes, Fromage Cheddar en Dés</p>
WEEK 2	<p>AM Snack Céréales Corn Flakes avec du Lait, Fruit Frais</p> <p>Entrée Ragoût de Poulet Brésilien, Naan de Blé Entier, Haricots Verts et Jaunes, Fruits Frais</p> <p>PM Snack Mini-Biscuits au Gingembre à Grains Entiers Biologique, Mini-Carottes, Yogurt à la Vanille</p>	<p>AM Snack Mini Bagel de Blé Entier, Beurre de Pommes, Fruit Frais</p> <p>Entrée Poulet Pané, Pâtes à Grains Entiers, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Craquelins de Blé Entier, Fromage en Grains, Gucamole</p>	<p>AM Snack Yogourt à la Pêche, Granola à Grains Entiers, Fruit Frais</p> <p>Entrée Burger de Dinde, Pain à Hamburger, Tranche de Fromage cheddar, Mélange de Légumes Ensoleillés (Haricots Vers, Carottes), Fruits Frais</p> <p>PM Snack Pain de Blé Entier à l'avoine et aux Dattes, Tranches de Concombre, Œuf Dur</p>	<p>AM Snack Muffin de Blé Entier aux Bananes Biologique, Compote de Pommes</p> <p>Entrée Bœuf en Sauce, Pâtes à Grains Entiers, Carottes en Dés, Fruits Frais</p> <p>PM Snack Barre d'avoine à la Banane, Fruit Frais, Edamame</p>	<p>AM Snack Céréales Shreddies de Blé Entier avec du Lait, Fruit Frais</p> <p>Entrée Pilon de Poulet Cajun Doux, Légumes-Feuilles, Vinaigrette Française, Fruits Frais</p> <p>PM Snack Yogurt à la Vanille, Fruit Frais, Biscuits Digestifs à Grains Entiers</p>
WEEK 3	<p>AM Snack Céréales Rice Krispies avec du Lait, Fruit Frais</p> <p>Entrée Bœuf en Sauce, Purée de Pommes de Terre, Pain de Blé Entier, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Biscuits Soda Blé Entier, Fromage en Grains, Tomates Cerises</p>	<p>AM Snack Scone de Blé Entier à la Cannelle, Fruit Frais</p> <p>Entrée Bâtonnets de Poisson Panés, Tortilla de Blé Entier, Carottes en Dés, Fruits frais</p> <p>PM Snack Bouchée d'avoine de Blé Entier à la Banane, Fruit Frais, Edamame</p>	<p>AM Snack Biscuit de Blé Entier à l'avoine et aux Canneberges, Compote de Pommes</p> <p>Entrée Bolognese de Bœuf avec Pâtes à Grains Entiers, Mélange de Légumes Ensoleillés (Haricots Vers, Carottes), Fruits Frais</p> <p>PM Snack Bâtonnets de Pain de Blé Entier, Tranche de Fromage Cheddar, Tranches de Concombre</p>	<p>AM Snack Cheerios Multi-Grain avec du Lait, Fruit Frais</p> <p>Entrée Macaroni au Fromage Classique, Salade D'Edamame et de Poivrons, Petits Pois et Maïs, Fruits Frais</p> <p>PM Snack Biscuits aux Épices, Fruit Frais, Œuf Dur</p>	<p>AM Snack Muffin de Blé Entier aux Carottes Biologique, Fruit Frais</p> <p>Entrée Burger de Bœuf, Pain à Hamburger, Brocoli, Fruits Frais</p> <p>PM Snack Barre Granola Sans Gluten aux Fraises Biologique, Mini-Carottes, Yogurt à la Vanille</p>
WEEK 4	<p>AM Snack Céréales Corn Flakes avec du Lait, Fruit Frais</p> <p>Entrée Lasagne à la Dinde, Carottes en Dés, Fruits Frais</p> <p>PM Snack Mini-Biscuits au Cacao, Fruit Frais, Fromage en Grains</p>	<p>AM Snack Bagel de Blé Entier à la Cannelle et aux Raisins Secs, Beurre de Pomme, Fruit Frais</p> <p>Entrée Poulet Panés, Riz Brun, Petits Pois et Maïs, Sauce aux Prunes, Fruit Frais</p> <p>PM Snack Poche Pita de Blé Entier, Tranche de Fromage Cheddar, Fruit Frais</p>	<p>AM Snack Yogourt aux Fraises, Granola à Grains Entiers, Fruit Frais</p> <p>Entrée Pilon de Poulet Portugais, Pâtes à Grains Entiers, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Pain de Blé Entier à l'avoine et aux Dattes, Fruit Frais, Edamame</p>	<p>AM Snack Muffin de Blé Entier aux Bananes Biologique, Fruit Frais</p> <p>Entrée Boulettes de Bœuf en Sauce, Petit Pain, Haricots Verts, Fruits Frais</p> <p>PM Snack Craquelins Ronds de Blé Entier, Tomates Cerises, Fromage Cheddar en Dés</p>	<p>AM Snack Céréales Shreddies de Blé Entier avec du Lait, Fruit Frais</p> <p>Entrée Poulet Pané, Pain Hamburger, Mélange de Légumes Ensoleillés (Haricots Vers, Carottes), Fruits Frais</p> <p>PM Snack Biscuits Digestifs à Grains Entiers, Yogurt à la Vanille, Tranches de Concombre</p>






Menu Launch Date: October 30, 2023

**Menu is approved by a
Registered Dietitian.**

**Milk and/or Water are served
with lunch and snacks**

- Please see the allergy guide for the substitution meals for Vegetarian, Vegan and Halal and other dietary replacements. Daily Packing Slip will indicate specific replacements by child name.
- Please note that Wholesome Kids Catering operates a facility that is Nut Free, Pork Free and Shellfish Free at all times. All Lunches are Trans Fat Free (except for those that are naturally occurring).
- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.



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GARDERIE CHEZ TANTE LAURE 2

Healthy Choices - Infant/Toddler Fall/Winter 2023 - 2024

Eat Grow Thrive

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>AM Snack Céréales Rice Krispies avec du Lait, Fruit Frais</p> <p>Entrée Burger de Bœuf, Pain à Hamburger, Haricots Verts, Fruit Frais</p> <p>PM Snack Biscuits aux Épices, Fruit Frais, Yogurt à la Pêche</p>	<p>AM Snack Barre d'avoine à la Banane, Fruit Frais</p> <p>Entrée Oeufs Brouillés, Fromage Cheddar Râpé, Pain de Blé Entier, Carottes en Dés, Fruit Frais</p> <p>PM Snack Melba Toast au Blé Entier, Tranche de Fromage Cheddar, Fruit Frais</p>	<p>AM Snack Pancake de Blé Entier, Beurre de Pommes, Fruit Frais</p> <p>Entrée Poulet Panés, Riz Brun, Sauce aux Prunes, Petits Pois et Maïs, Fruit Frais</p> <p>PM Snack Biscuit à l'avoine et au Blé Entier, Compote de Pommes, Edamame</p>	<p>AM Snack Muffin de Blé Entier aux Carottes Biologique, Fruit Frais</p> <p>Entrée Ragoût de Dinde Cacciatore, Petit Pain de Blé Entier, Petit Pois, Fruits Frais</p> <p>PM Snack Bâtonnets de Pain de Blé Entier, Hummus, Tranches de Concombre</p>	<p>AM Snack Cheerios Multi-Grain avec du Lait, Fruits Frais</p> <p>Entrée Bâtonnets de Poisson Panés, Tortilla de Blé Entier, Mélange de Légumes Ensoleillés (Haricots Verts, Carottes), Fruits Frais</p> <p>PM Snack Pain de Blé Entier aux Pommes et aux Canneberges, Mini-Carottes Blanchies, Fromage Cheddar en Dés</p>
WEEK 2	<p>AM Snack Céréales Corn Flakes avec du Lait, Fruit Frais</p> <p>Entrée Ragoût de Poulet Brésilien, Naan de Blé Entier, Haricots Verts et Jaunes, Fruits Frais</p> <p>PM Snack Mini-Biscuits au Gingembre à Grains Entiers Biologique, Mini-Carottes Blanchies, Yogurt à la Vanille</p>	<p>AM Snack Mini Bagel de Blé Entier, Beurre de Pommes, Fruit Frais</p> <p>Entrée Poulet Pané, Pâtes à Grains Entiers, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Craquelins de Blé Entier, Fromage en Grains, Gucamole</p>	<p>AM Snack Yogourt à la Pêche, Biscuits Thé Social, Fruit Frais</p> <p>Entrée Burger de Dinde, Pain à Hamburger, Tranche de Fromage cheddar, Mélange de Légumes Ensoleillés (Haricots Verts, Carottes), Fruits Frais</p> <p>PM Snack Pain de Blé Entier à l'avoine et aux Dattes, Tranches de Concombre Pelées, Œuf Dur</p>	<p>AM Snack Muffin de Blé Entier aux Bananes Biologique, Compote de Pommes</p> <p>Entrée Bœuf en Sauce, Pâtes à Grains Entiers, Carottes en Dés, Fruits Frais</p> <p>PM Snack Barre d'avoine à la Banane, Fruit Frais, Edamame</p>	<p>AM Snack Céréales Shreddies de Blé Entier avec du Lait, Fruit Frais</p> <p>Entrée Dés de Poulet Cajun Doux, Pois et Maïs, Fruits Frais</p> <p>PM Snack Yogurt à la Vanille, Fruit Frais, Biscuits Digestifs à Grains Entiers</p>
WEEK 3	<p>AM Snack Céréales Rice Krispies avec du Lait, Fruit Frais</p> <p>Entrée Bœuf en Sauce, Purée de Pommes de Terre, Pain de Blé Entier, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Biscuits Soda Blé Entier, Fromage en Grains, Tomates Cerises</p>	<p>AM Snack Scone de Blé Entier à la Cannelle, Fruit Frais</p> <p>Entrée Bâtonnets de Poisson Panés, Tortilla de Blé Entier, Carottes en Dés, Fruits frais</p> <p>PM Snack Bouchée d'avoine de Blé Entier à la Banane, Fruit Frais, Edamame</p>	<p>AM Snack Biscuit de Blé Entier à l'avoine et aux Canneberges, Compote de Pommes</p> <p>Entrée Bolognese de Bœuf avec Pâtes à Grains Entiers, Mélange de Légumes Ensoleillés (Haricots Verts, Carottes), Fruits Frais</p> <p>PM Snack Bâtonnets de Pain de Blé Entier, Tranche de Fromage Cheddar, Tranches de Concombre Pelées</p>	<p>AM Snack Cheerios Multi-Grain avec du Lait, Fruit Frais</p> <p>Entrée Macaroni au Fromage Classique, Salade D'Edamame et de Poivrons, Petits Pois et Maïs, Fruits Frais</p> <p>PM Snack Biscuits aux Épices, Fruit Frais, Œuf Dur</p>	<p>AM Snack Muffin de Blé Entier aux Carottes Biologique, Fruit Frais</p> <p>Entrée Burger de Bœuf, Pain à Hamburger, Brocoli, Fruits Frais</p> <p>PM Snack Barre Granola Sans Gluten aux Fraises Biologique, Mini-Carottes Blanchies, Yogurt à la Vanille</p>
WEEK 4	<p>AM Snack Céréales Corn Flakes avec du Lait, Fruit Frais</p> <p>Entrée Lasagne à la Dinde, Carottes en Dés, Fruits Frais</p> <p>PM Snack Mini-Biscuits au Cacao, Fruit Frais, Fromage en Grains</p>	<p>AM Snack Bagel de Blé Entier à la Cannelle et aux Raisins Secs, Beurre de Pomme, Fruit Frais</p> <p>Entrée Poulet Panés, Riz Brun, Petits Pois et Maïs, Sauce aux Prunes, Fruit Frais</p> <p>PM Snack Poche Pita de Blé Entier, Tranche de Fromage Cheddar, Fruit Frais</p>	<p>AM Snack Yogourt aux Fraises, Biscuits Thé Social, Fruit Frais</p> <p>Entrée Dés de Poulet Portugais, Pâtes à Grains Entiers, Mélange de Légumes (Haricots Verts, Pois, Carottes, Maïs), Fruits Frais</p> <p>PM Snack Pain de Blé Entier à l'avoine et aux Dattes, Fruit Frais, Edamame</p>	<p>AM Snack Muffin de Blé Entier aux Bananes Biologique, Fruit Frais</p> <p>Entrée Boulettes de Bœuf en Sauce, Petit Pain, Haricots Verts, Fruits Frais</p> <p>PM Snack Craquelins Ronds de Blé Entier, Tomates Cerises, Fromage Cheddar en Dés</p>	<p>AM Snack Céréales Shreddies de Blé Entier avec du Lait, Fruit Frais</p> <p>Entrée Poulet Pané, Pain Hamburger, Mélange de Légumes Ensoleillés (Haricots Verts, Carottes), Fruits Frais</p> <p>PM Snack Biscuits Digestifs à Grains Entiers, Yogurt à la Vanille, Tranches de Concombre Pelées</p>



Menu Launch Date: October 30, 2023

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- Fresh Fruits will vary daily depending on seasonal availability. They may include apples, bananas, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, and peaches.



YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Green & Yellow Beans Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Peas Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, celery, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Steamed Vegetables Onion Bun

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes

YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onions, lentils) *Diced Carrots Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Peas & Corn Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Steamed Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Chicken Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 23rd, June 19th, July 17th, Aug. 14th, Sept. 11th, Oct. 10th,

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Green Peas Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green & Yellow Beans Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Steamed Vegetables Onion Bun

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YUMMY

SPRING/SUMMER MENU 2023

Weeks of: May 29th, June 26th, July 24th, Aug. 21st, Sept. 18th, Oct. 16th

Toddler Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Baked Pollock Fish Sandwich Whole Wheat Pita Pouch *Mixed Vegetable Blend (*broccoli,*carrots(orange /yellow),*green beans) Fresh Fruit	Apple Oat Bun Fresh Fruit
TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Green Peas Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Brown Rice Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green & Yellow Beans Fresh Fruit	Whole Grain Cheese Bites *Steamed Carrots
FRIDAY	Yogurt Fresh Fruit	FUN FRIDAY! (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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SPRING/SUMMER MENU 2023

Weeks of: May 8th, June 5th, July 4th & 31st, Aug. 28th, Sept. 25th, Oct. 23rd

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Filipino Style Chicken Pancit w/ Brown Rice Noodles (*broccoli, cabbage, *carrots, cauliflower, chicken, *peas, rice noodles) Fresh Fruit	Garlic Breadstick Yummy Tomato & Bean Marinara
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Extra Lean Beef Meat Sauce Vegetable Rotini *Spring Mix Salad Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Baked Pollock Fish Wedge Rainbow Rice (*carrots, celery, corn, *kale, onions, rice) Fresh Fruit	Whole Grain Orange and Zucchini Loaf 100% Pear & Apple Fruit Puree
THURSDAY	Yummy Egg Salad Cracked Wheat Crackers	Turkey Sloppy Joe Whole Wheat Bun *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Lemon Chia Muffin Hat 100% Strawberry, Mango, Apple Fruit Puree	Lebanese Stew (barley, *carrots sliced, chickpeas, *green/red peppers, onions, potatoes, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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SPRING/SUMMER MENU 2023

Weeks of: May 15th, June 12th, July 10th, Aug. 8th, Sept. 5th, Oct. 2nd & 30th

Preschool – School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Milk	Lemon Dill Pasta & Egg Scramble (corn, egg, *green/red peppers, onion, lentils) *Spring Mix Salad Fresh Fruit	Blueberry Oat Bun Fresh Fruit
TUESDAY	Waffles 100% Apple & Maple Fruit Puree	Thai Chicken & Vegetables (*bell pepper strips, *broccoli, *carrots (yellow & orange), chicken, *green beans, onions) Brown Rice Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Banana Oatmeal Bar	Veggie Taco Whole Wheat Tortilla *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Spice Snaps
THURSDAY	Vegan Brioche Bread 100% Peach & Apple Fruit Puree	Creamy Basil Pasta Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *spinach, corn, tomatoes, cucumber, quinoa) Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	Baked Chicken Burgers Whole Wheat Bun *PEI Mixed Vegetables (*carrots, *green & yellow beans) Fresh Fruit	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

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Preschool – School Age Menu

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MONDAY	Whole Grain Cereal Milk	Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Garlic Breadstick Chunky Chickpea Salad
TUESDAY	Whole Wheat English Muffin Cinnamon Spread	Baked Haddock & Cod Fish Cakes Vegetable Couscous (*bell peppers, *carrots, couscous, onion, *spinach) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Bites
WEDNESDAY	Apple Cinnamon Cereal Mix Diced *Melon Milk	Egg Patty Whole Wheat Bun *Broccoli & Cauliflower Fresh Fruit	Whole Grain Mixed Berry Loaf 100% Raspberry & Apple Fruit Puree
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Extra Lean Beef Bolognese Brown Rice *Green Salad Fresh Fruit	Yogurt Multigrain Cinnamon Crunchy Mix
FRIDAY	Whole Grain Vegan Banana & Oat Muffin Hat 100% Tropical Fruit Puree	Yummy Chickpea Ratatouille (chickpeas, *diced carrots, corn, eggplant, mushrooms, onion, *peas, shell pasta, *zucchini) Fresh Fruit	Fresh Vegetables Onion Bun

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Preschool – School Age Menu

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TUESDAY	Waffles Raspberry Crumble and Apple 100% Fruit Puree	Tri Colour Cheese Tortellini with Pureed Lentil Rose Sauce *Spring Mix Salad Fresh Fruit	Fruit & Veg Salsa Multigrain Pita Crackers
WEDNESDAY	Blueberry Oatmeal Bar	Summer Veggie Chili (black beans, *carrots, corn, *green/red peppers, kidney beans, onions, soy protein, *squash, tomatoes) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Vegan Brioche Bread 100% Passion Fruit Blend Puree	Baked Spinach, Feta & Chicken Kafta Yummy Golden Barley *Green Salad Fresh Fruit	Whole Grain Cheese Bites *Fresh Carrots
FRIDAY	Yogurt Fresh Fruit	FUN FRIDAY! (Please see posting for the special menu)	Vegan Apple & Date Oatmeal Cookie Unsweetened Applesauce

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green and/or Dark Orange Fruit or Vegetable Offered Daily
- Menu approved by a registered Dietitian
- Water is available at all times
- Fresh Fruit may vary depending on season; please refer to daily substitution summary for fresh fruit changes