



SPRING/SUMMER MENU 2025

Weeks of: May 26th, June 23rd, July 21st, August 18th, September 15th, October 14th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Filipino Style Chicken Pancit w/ Chow Mein Noodles (*broccoli, cabbage, carrots, cauliflower, chicken, chow mein noodles, *leeks) Fresh Fruit	Yummy Tomato Bruschetta Garlic Naan
TUESDAY	Vegan Brioche Bread Power Up Raspberry Spread	Baked Haddock and Cod Fish Cakes Whole Wheat Pita Pouch P.E.I Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
WEDNESDAY	Yogurt Fresh Fruit	Spinach & Cheese Stuffed Medallions with Roasted Red Pepper Lentil Cream Sauce *Spring Mix Salad with Carrots Fresh Fruit	Whole Grain Zucchini Loaf Apple, Berry, Cherry 100% Fruit Puree
THURSDAY	Whole Grain Peach Scone Chia Charged Papaya & Apple 100% Fruit Puree	Baked Turkey Burger Whole Wheat Artisan Bun *Peas & Carrots Fresh Fruit	Fresh Vegetables Vegetable Corn Round
FRIDAY	Hard Boiled Egg Everything Crackers	Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit

Milk and/or Water are served with lunch and snacks

- * Indicates Dark Green Vegetable Offered Daily
- Orange Fruit/Vegetable offered a few times weekly
- 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



SPRING/SUMMER MENU 2025

Weeks of: June 2nd & 30th, July 28th, August 25th, September 22nd, October 20th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Baked Chicken Kafta Rainbow Couscous (corn, couscous, *green peppers, *kale, onions, red peppers) Fresh Fruit	Zesty Garden Southwest Salsa Multigrain Pita Crisps
TUESDAY	Waffles Peachy Tropical 100% Fruit Puree	Veggie Bean Taco Whole Wheat Tortilla *Green Salad w/ Purple Cabbage & Shredded Carrots Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Blueberry Oat Muffin Bite Fresh Fruit	Baked Fish Wedge Barley Vegetable Risotto (barley, corn, onions, mushrooms, *peas) Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Lemon Coconut Oatmeal Bar	Korean Style Turkey Meatballs Ginger Brown Rice *Spring Mix Salad Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce
FRIDAY	Yogurt Fresh Fruit	Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit	Whole Grain Mini Pizza Swirl Fresh Carrots

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SPRING/SUMMER MENU 2025

Weeks of: June 9th, July 7th, August 5th, September 2nd & 29th, October 27th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Egg Patty Tomato Coconut Rice *Spring Mix Salad Fresh Fruit	Tangy Twist Hummus Whole Wheat Naan
TUESDAY	Vegan Brioche Bread Berry Strong Spread	Pasta with Creamy Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit	Fresh Fruit Whole Grain Garden Veggie Cracker Bites
WEDNESDAY	Yogurt Fresh Fruit	Baked Extra Lean Beef Sloppy Joe Whole Wheat Artisan Bun *Peas & Corn Fresh Fruit	Whole Grain Mixed Berry Loaf Blueberry & Apple 100% Fruit Puree
THURSDAY	Whole Grain Lemon Scone Chia Power Dragon Fruit & Apple 100% Fruit Puree	Enchanted Garden Chicken (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano beans) Vegetable Pasta Fresh Fruit	Fresh Vegetables Whole Grain Corn Round
FRIDAY	Plant Based Garlic & Herb Cream Cheeze Cracked Wheat Crackers	Rustic Summer Chili (black beans, carrots, corn, *green/red peppers, onions, squash, tvp, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit	Whole Grain Apple Cinnamon Raisin Bun Fresh Fruit

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SPRING/SUMMER MENU 2025

Weeks of: June 16th, July 14th, August 11th, September 8th, October 6th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Tomato Sauce Whole Wheat Bun Mixed Vegetables (*broccoli, carrots, cauliflower) Fresh Fruit	Beanie Bellissimo Salsa Multigrain Pita Crisps
TUESDAY	Waffles Chunky Tropical 100% Fruit Puree	Zesty Lemon Chicken Medley (*broccoli, chicken, eggplant, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Vegan Lemon Chia Muffin Hat Fresh Fruit	Tri Colour Cheese Tortellini with Creamy Garlic Bean Sauce *Spring Mix Salad Fresh Fruit	Fresh Fruit Multigrain Wheat Thins
THURSDAY	Whole Grain Cinnamon Raisin Bread Plant Based Cream Cheeze	TASTE TEST THURSDAYS! (Please see posting at centre to see what's cooking!)	Vegan Whole Grain Banana Cookie Mango Tango 100% Fruit Puree
FRIDAY	Yogurt Fresh Fruit	Tuna Melt Mac & Cheese *Green Salad Fresh Fruit	Whole Grain Mini Pizza Swirls Fresh Carrots

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