



SUMMER MENU 2026

Weeks of: June 8th, July 6th, August 4th & 31st, September 28th, October 26th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Chicken & Vegetable Teriyaki (*broccoli, cabbage, carrots, cauliflower, chicken, *edamame) Chow Mein Noodles Fresh Fruit	Whole Grain Blueberry Oat Bun Fresh Fruit
TUESDAY	Vegan Brioche Power Up Raspberry Spread	Moroccan Turkey Meatballs Vegetable Couscous (corn, couscous, onions, *peas, red peppers, *spinach) Fresh Fruit	Southwestern Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Baked Haddock and Cod Fish Cakes Whole Wheat Pita Pocket *Green & Yellow Beans Fresh Fruit	Fresh Fruit Spice Snaps
THURSDAY	Hard Boiled Egg Cracked Wheat Crackers	Spinach & Cheese Medallions with Creamy Garlic Bean Sauce *Green Salad Fresh Fruit	Whole Grain Zucchini Loaf Peachy Apple 100% Fruit Puree
FRIDAY	Blueberry Oatmeal Bar	Summer Turkey Chili (black beans, carrots, corn, *green/red peppers, kidney beans, onions, squash, turkey, *zucchini) Whole Wheat Home-Style Bread Fresh Fruit	Fresh Vegetables Plant Based Cheeze Scones

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



SUMMER MENU 2026

Weeks of: June 15th, July 13th, August 10th, September 8th, October 5th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Yummy Chicken Mac & Cheese *Spring Mix Salad Fresh Fruit	Yummy Tomato Bruschetta Garlic Naan
TUESDAY	Waffles Chunky Tropical 100% Fruit Puree	Baked Turkey Burger Whole Wheat Artisan Bun Mixed Vegetables (*broccoli, *green beans, orange & yellow carrots) Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Cranberry Oat Granola Rounds Fresh Fruit	Pasta with Creamy Carrot Sauce Mediterranean Salad (black beans, chickpeas, corn, cucumber, *green/red peppers, *spinach, tomatoes, quinoa) Fresh Fruit	Fresh Fruit Whole Grain Parmesan Triscuits
THURSDAY	Whole Grain Peach Scone Pear & Apple 100% Fruit Puree	Baked Pollock Wedge Sweet Harissa Vegetable Rice (brown rice, carrots, red peppers, *zucchini) Fresh Fruit	Fresh Carrots Pizza Square
FRIDAY	Yogurt Fresh Fruit	Veggie Taco Whole Wheat Tortilla Lettuce with Purple Cabbage & Carrots Fresh Fruit	Vegan Oatmeal Date Cookie Unsweetened Applesauce

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SUMMER MENU 2026

Weeks of: June 22nd, July 20th, August 17th, September 14th, October 13th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Turkey Meatballs with Yummy Tomato Sauce Whole Wheat Bun PEI Mixed Vegetables (carrots, *green & yellow beans) Fresh Fruit	Whole Grain Apple Cinnamon Bun Fresh Fruit
TUESDAY	Vegan Brioche Berry Strong Spread	Zesty Lemon Chicken Medley (*broccoli, cauliflower, chicken, onion, red/yellow pepper strips, *zucchini) Brown Rice Fresh Fruit	Greek Salsa Multigrain Pita Crisps
WEDNESDAY	Yogurt Fresh Fruit	Tri Colour Cheese Tortellini with Roasted Red Pepper Lentil Sauce *Green Salad Fresh Fruit	Fresh Fruit Whole Grain Cracker Bites
THURSDAY	Hard Boiled Egg Roasted Red Pepper Crackers	Baked Haddock and Cod Fish Cakes Barley Vegetable Risotto (barley, corn, mushrooms, onions, *peas) Fresh Fruit	Whole Grain Lemon Blueberry Loaf Dragon Fruit & Apple 100% Fruit Puree
FRIDAY	Coconut Oatmeal Bar	Yummy Chickpea Ratatouille with Pasta (chickpeas, diced carrots, corn, eggplant, onion, pasta, red peppers, *zucchini) Fresh Fruit	Fresh Vegetables Plant Based Cheeze Scones

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SUMMER MENU 2026

Weeks of: June 29th, July 27th, August 24th, September 21st, October 19th

Preschool - School Age Menu

DAY	A.M. SNACK	LUNCH	P.M. SNACK
MONDAY	Whole Grain Cereal Fresh Fruit Milk	Pasta with Beef Bolognese *Spring Mix Salad Fresh Fruit	Tangy Twist Hummus Whole Wheat Naan
TUESDAY	Waffles Chunky Peachy Tropical 100% Fruit Puree	Egg Patty Whole Wheat Bun *Peas, Carrots, Corn Fresh Fruit	Yogurt Multigrain Trail Mix
WEDNESDAY	Whole Grain Banana Oat Granola Rounds Fresh Fruit	Enchanted Garden Chicken (*broccoli, chicken, cauliflower, orange & yellow carrots, *romano green beans) Vegetable Rotini Pasta Fresh Fruit	Fresh Fruit Whole Grain Sundried Tomato Crackers
THURSDAY	Whole Grain Orange Scone Mango Tango 100% Fruit Puree	TASTE TEST THURSDAYS! (Please see posting at centre to see what's cooking!)	Fresh Carrots Cheesy Garlic Pizza Square
FRIDAY	Yogurt Fresh Fruit	Veggie Chickpea Chana Masala (*bell peppers, cauliflower, chickpeas, onions, *peas, potatoes, sweet potatoes) Brown Rice Fresh Fruit	Vegan Whole Grain Banana Cookie Strawberry & Apple 100% Fruit Puree

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