

MENU: July 8 – 12, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY SNACK	Multi-Grain Cheerios & Apple Slices Water/Milk	Kellogg's Corn Flakes & Kiwi Wheels Water/Milk	Yogurt & Banana Wheels Water/Milk	Oatmeal Cookies & Apple Slices Water/Milk	Shredded Wheat Squares & Oranges Water/Milk
AM SNACK	Oatmeal Porridge & Raisins/Cranberries Water/Milk	Waffles & Orange Wedges Water/Milk	Banana Bread & Pear Slices Water/Milk	Buttered Cinnamon Raisin Bread & Grapes Water/Milk	French Toast & Honeydew Chunks Water/Milk
LUNCH	Pasta w/Meatballs & Banana Wheels Water/Milk	Broccoli Casserole & Honeydew Chunks Water/Milk	'Celebration of Canadian Culture' Fish & Chips (NFLD) & Watermelon Water/Milk	Spanish Rice w/Tofu & Banana Wheels Water/Milk	Stir-Fry Vegetables w/Naan & Pear Slices Water/Milk
PM SNACK	Digestive Cookies & Grapes Water/Milk	Multi Grain Crackers & Apple Slices Water/Milk	Vegetable Crackers & Cheese Chunks Water/Milk	Quinoa Bread w/Jam & Apples Water/Milk	Digestive Cookies & Assorted Fruit Water/Milk
LATE SNACK	Cheese Cubes & Orange Wedges Water/Milk	Celery/Carrot Sticks w/Dip Water/Milk	Nachos & Dip Water/Milk	Carrot & Cucumber Sticks w/Dip Water/Milk	Pita Pockets w/Jam Water/Milk

Please Note: Veg options are available as well.





Early Learning & Care Centre (CPELCC)

MENU : DECEMBER 10 – 14, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARLY SNACK	Digestive Cookies & Apple Slices Water/Milk	Fruit Yogurt & Grapes Water/Milk	Kellogg's Corn Flakes & Pear Slices Water/Milk	Oatmeal Cookies & Orange Wedges Water/Milk	Multi Grain Cheerios & Grapes Water/Milk
AM SNACK	Pancakes & Orange Wedges Water/Milk	Banana Loaf & Fruit Sauce Water/Milk	Multi Grain Buttered Toast w/Jam & Banana Wheels Water/Milk	Waffles & Apple Slices Water/Milk	Carrot Loaf & Banana Wheels Water/Milk
LUNCH	Tomato Pesto Rice w/Tofu & Honeydew Chunks Water/Milk	Couscous Casserole & Apple Slices Water/Milk	CELEBRATION OF Kenya CUISINE` Viazi Choma (Double Cooked Potato) & Apples Water/Milk	Stir-Fry Vegetables w/Garlic Bread & Honey Dew Chunks Water/Milk	Broccoli Quiche & Pear Slices Water/Milk
PM SNACK	Multi Grain Biscotti & Grapes Water/Milk	Carrot Muffins & Banana Wheels Water/Milk	Multi Grain Crackers & Grapes Water/Milk	Apple Cinnamon Fruit Bar & Banana Wheels Water/Milk	Quinoa Bread w/Butter & Apple Slices Water/Milk
LATE SNACK	Cheese Cubes & Pear Slices Water/Milk	Nachos & Kiwi Wheels Water/Milk	Digestive Cookies & Orange Wedges Water/Milk	Carrot & Cucumber Sticks w/Dip Water/Milk	Assorted Crackers & Assorted Fruit Water/Milk

Nota Bene: Veg options are available as well.