Early Learning & Care Centre

	are define	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:00 AM EARLY SNACK	Raisin Bran Cereal & Banana Wheels Water/Milk	Whole-Grain Cheerios & Apples Water/Milk	Kellogg's Corn Flakes & Orange Wedges Water/Milk	Multi-Grain Toast & Banana Wheels Water/Milk	Banana Loaf & Honeydew Chunks Water/Milk
	9:00 AM SNACK	Cinnamon Raisin Bread w/Butter & Grapes Water/Milk	Twelve Grain Bagel w/Butter & Orange Wedges Water/Milk	French Toast & Grapes Water/Milk	Pancakes & Pineapple Chunks Water/Milk	Oatmeal Porridge & Apple Slices Water/Milk
	11:30 AM LUNCH	Cheese Pizza & Apple Slices Water/Milk	Stir-Fry Vegetables w/Paneer & Strawberries Water/Milk	'Celebration of IRAQI Culture' Lentil Soup w/ Garlic Bread & Apple Slices Water/Milk	Grilled Cheese Sandwich w/ Tomato Soup & Kiwi Wheels Water/Milk	Homemade Macaroni & Cheese & Grapes Water/Milk
	3:00 PM SNACK	Digestive Cookies & Pear Slices Water/Milk	Cheese Chunks w/ Crackers & Pear Slices Water/Milk	Whole Wheat Crackers w/ Cheese Sticks Water/Milk	Multigrain Crackers & Grapes Water/Milk	Multigrain Crackers & Pear Slices Water/Milk
	5:15 PM LATE SNACK	Cheese Cubes & Banana Water/Milk	Digestive Cookies & Banana Wheels Water/Milk	Assorted Vegetable Sticks w/Dip Water/Milk	Digestive Cookies & Orange Wedges Water/Milk	Rice Crackers & Orange Wedges Water/Milk

Please note: Veg options are available as well.