






PLAINS ROAD CHILD CARE



Spring Summer Menu 2017 – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal with Milk, Fresh Fruit	Cinnamon Raisin Bagel, Applesauce	Banana Oatmeal Bar, Fresh Fruit	Organic Quinoa Crunchies Cereal with Milk, Fresh Fruit	Organic Orange Cranberry Muffin, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Cranberry Chicken Drumstick with Brown Rice, Mixed Vegetables (Corn, Beans, Carrots, Peas), Fresh Fruit	Italian Meatball Soup, Artisan Noor Bread, Baby Carrots, Fresh Fruit	Tomato Macaroni and Cheese, Quinoa & Bean Salad (Quinoa, Green Peppers, Black Beans & Corn), Fresh Fruit	Whole Grain Chicken Nuggets (White Meat), Brown Rice, Plum Sauce, Carrot Rounds, Fresh Fruit	Baked Fish Filet Taco, Tartar Sauce, Garden Salad, Raspberry Vinaigrette, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
PM Snack	Pita Chips, Hummus, Grape Tomatoes	Granola Round, Fresh Fruit, Cheese Cubes	Whole Wheat Chicken Sandwich, Fresh Fruit	Organic Spelt Ginger Snaps, Fresh Fruit, Vanilla Dip	Banana Roll Up (Banana, Whole Wheat Tortilla, Nut Free Butter)
Juice					
Picture					

Menu is approved by a Registered Dietitian.
 Please see the allergy guide for the substitution meals for diets that are Dairy Free, Gluten Free, Egg Free, Vegetarian, Vegan and Halal.
 Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free.
 Fresh Seasonal Fruit includes: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and may vary due to seasonal availability.

All Lunches are Trans fat-free (except for naturally occurring Trans fats).
 Water is also available throughout the day.
 Menu In effect the weeks of: Apr 17, May 15, Jun 12, July 10, Aug 01, Sept 4, Oct 1

Short Forms: WW = Whole Wheat WG = Whole Grain MG = Multi Grain GF = Gluten Free

Menu Effect Date: 04/17/17

Tel: 905-752-8115 | Fax: 905-752-8116

Updated: 04/17/17

PLAINS ROAD CHILD CARE



Spring Summer Menu 2017 – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Wheat Shreddies with Milk, Fresh Fruit	Whole Wheat English Muffin, Nut Free Butter	Strawberry Yogurt with Granola, Fresh Fruit	Rice Krispies Cereal with Milk, Fresh Fruit	Organic Fruit and Fibre Muffin, Applesauce
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Beef Ravioli in Tomato Sauce, Green Beans, Fresh Fruit	Chicken Cacciatore, Whole Grain Pasta, Diced Carrots, Fresh Fruit	Korean Fish Filet, Brown Rice, Corn and Peas, Fresh Fruit	Sweet and Sour Beef Meatballs, Brown Rice, Diced Carrots, Fresh Fruit	Mixed Bean Chili, French Baguette, Garden Salad, Italian Dressing, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
PM Snack	Oatmeal Apple Cookie, Baby Carrots, Spinach Dip	Corn Tortilla Chips, Salsa, Shredded Cheese	Zucchini Carrot Loaf, Fresh Fruit, Apple Cinnamon Dip	Pineapple Banana Oatmeal Bar, Fresh Fruit, Garbanzo Beans	Trail Mix (Granola, Whole Grain Cereal, Banana Chips), Fresh Fruit, Vanilla Yogurt
Juice					
Picture					

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 Food for Tots operates a facility that is Nut Free, Pork Free and Shellfish Free.
 Fresh Seasonal Fruit includes: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and may vary due to seasonal availability.

All Lunches are Trans fat-free (except for naturally occurring Trans fats).
 Water is also available throughout the day.
 Menu In effect the weeks of: Apr 24, May 22, Jun 12, Jul 17, Aug 14, Sept 11, Oct 9

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PLAINS ROAD CHILD CARE



Spring Summer Menu 2017 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Multigrain Cheerios Cereal with Milk, Fresh Fruit	Whole Grain Mini Bagel, Berry Applesauce	Organic Oatmeal Raisin Muffin, Fresh Fruit	Organic Cinnamon Quinoa Crunchies Cereal with Milk, Fresh Fruit	Hotcake, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Lean Beef Burger, Whole Wheat Bun, Green Beans, Fresh Fruit	Fish Sticks, Brown Rice, Peas, Fresh Fruit	Lemon Chicken Drumstick, Whole Grain Pasta, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Beef Barley Soup, Whole Wheat Dinner Roll, Garden Salad, French Dressing, Fresh Fruit	Classic Beef and Mushroom Pasta, Peas and Carrots, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
PM Snack	Banana Loaf, Fresh Fruit, Hardboiled Egg	Whole Wheat Cheddar Cheese Sandwich, Cucumbers	Banana Oatmeal Bar, Fresh Fruit, Vanilla Dip	Sweet Potato Crackers, Cheddar Cheese Cubes, Grape Tomatoes	Organic Lemon Snaps, Nutfree Yogurt Dip, Fresh Fruit
Juice					
Picture					

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 Fresh Seasonal Fruit includes: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and may vary due to seasonal availability.

All Lunches are Trans fat-free (except for naturally occurring Trans fats).
 Water is also available throughout the day.
 Menu In effect the weeks of: May 1, May 29, Jun 26, Jul 24, Aug 21, Sept 18, Oct 16

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PLAINS ROAD CHILD CARE



Spring Summer Menu 2017 – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Whole Wheat Shreddies with Milk, Fresh Fruit	Vanilla Yogurt and Granola, Fresh Fruit	Whole Grain Thin Bagel, Apple Butter, Fresh Fruit	Rice Krispies Cereal with Milk, Fresh Fruit	Organic Lemon Blueberry Muffin, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
Entrée	Macaroni and Cheese, Chickpea and Kale Salad, Fresh Fruit	Volcano Beef Meatballs, Brown Rice, California Mixed Vegetables (Broccoli, Cauliflower, Carrots), Fresh Fruit	Shepherd's Pie(Beef, Potato, Peas, Carrots), Whole Wheat Bread, Fresh Fruit	Asian Chicken and Rice, Garden Salad, Balsamic Dressing, Fresh Fruit	Ginger Beef and Vegetable (Broccoli, Carrots, Peppers, Beans, Mushrooms, Onion) Stir Fry, Brown Rice, Fresh Fruit
Milk	Milk	Milk	Milk	Milk	Milk
PM Snack	Artisan Focaccia Bread, Greek Yogurt Veggie Dip (Butternut Squash, Broccoli, Bean), Garbanzo Beans	Wafers and Applesauce, Cheese Cubes	Whole Wheat Chicken Wrap, Cucumbers	Apple Cranberry Loaf, Blueberry Dip, Fresh Fruit	Tortilla Chips, Pizza Hummus, Carrot Wheels
Juice					
Picture					

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 Fresh Seasonal Fruit includes: apple, banana, oranges, grapes, pears, strawberries, melons (watermelon, cantaloupe, and honeydew), plums, nectarines, mango and may vary due to seasonal availability.

All Lunches are Trans fat-free (except for naturally occurring Trans fats).
 Water is also available throughout the day.
 Menu In effect the weeks of: May 8, Jun 5, Jul 3, Jul 31, Aug 28, Sept 25, Oct 23

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