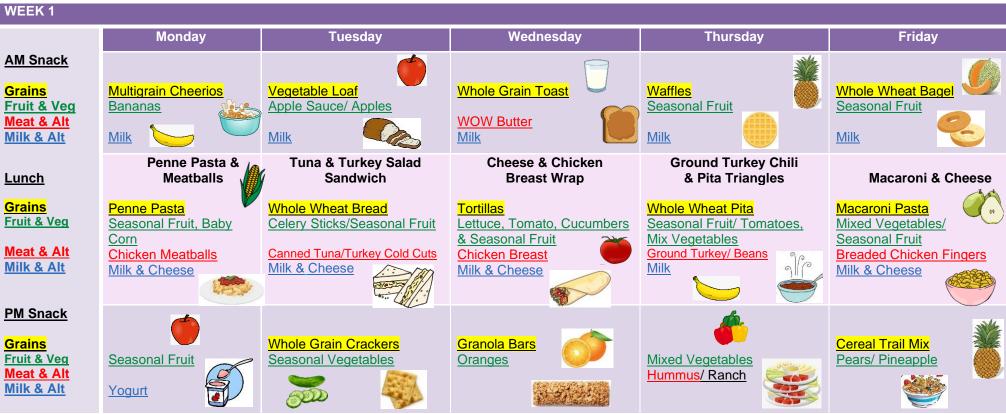


We serve a mixture of Hot and Cold meals. All snacks and meals are prepared on premises by our cook.

\*Water will be served at lunch, with all snacks, and offered regularly throughout the day

\*Halal & Vegetarian Options are also available.



Our menus are color coated in accordance with **The Canadian Food Guide**- Colors represent which category each food falls under: **Yellow- Grains**, **Green- Fruit & Veg**, **Blue- Milk & Alt**, **Red- Meat & Alt**.

(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips)

(Vegetable Loaf can be a mix of: Zucchini, Carrot or Banana baked fresh on premises)

All of our Menus are created by a Licensed Nutritionist









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WEEK 2									
	Monday	Tuesday	Wednesday	Thursday	Friday				
AM Snack		**							
<u>Grains</u>	Cinnamon Raisin Toast	Shreddies	Whole Grain Toast	Vegetable Loaf	English Muffin				
Fruit & Veg Meat & Alt	Seasonal Fruit	Seasonal Fruit	Bananas	Fresh Mixed Fruit	WOW Butter				
Milk & Alt	Milk	Milk	Milk	Milk	Milk				
Louis	Whole Wheat Bagel &	Bean & Cheese Quesadilla	Rice & Egg Casserole w/	Mini Dinna	Time Needle Coccerds				
<u>Lunch</u> <u>Grains</u>	Scrambled Eggs Whole Grain Bagel	Tortillas	Leek & Potato Soup Rice	Mini Pizza English Muffins	Tuna Noodle Casserole Rigatoni Pasta				
Fruit & Veg	Cucumber Slices Seasonal Fruit	Tomatoes, Mixed Vegetables/ Pears	Leek, Potato/ Oranges	Broccoli Trees/Tomato  Sauce/Pineapple	Peas, Corn & Mushroom Soup/ Seasonal Fruit				
Meat & Alt	<u>Eggs</u>	Turkey & Beans	Chicken Broth & Eggs	Ground Turkey	Canned Tuna				
Milk & Alt	Milk & Cheese	Milk & Cheese	Milk & Cheese	Milk & Cheese	Milk				
PM Snack									
<u>Grains</u>	Whole Wheat Pita		<b>911</b> 0	Whole Grain Crackers	Goldfish				
Fruit & Veg Meat & Alt	Peppers/ Tomatoes	Bananas	Snow Peas/ Cucumbers Hummus/ Ranch	Apple Sauce/ Apples	Fresh Mixed Fruit				
Milk & Alt	Cheese	Yogurt	Turring Nandi		Cheese				

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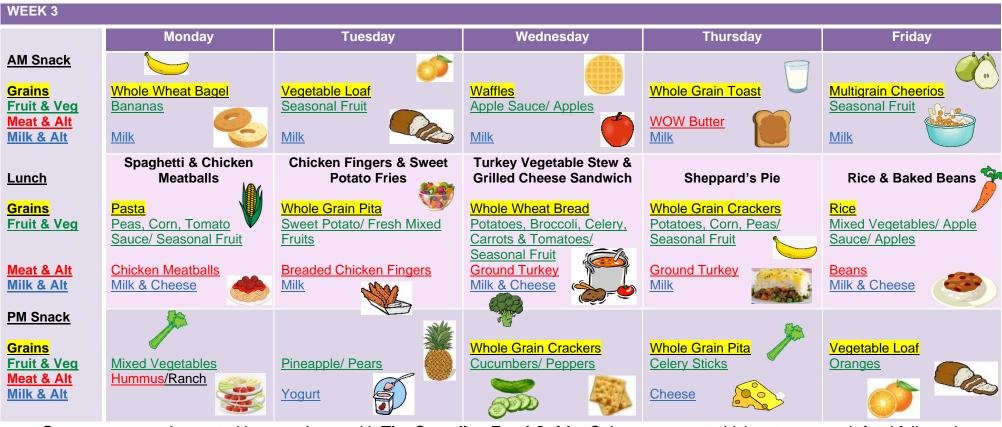




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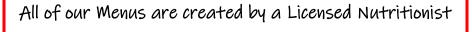


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WEEK 4									
	Monday	Tuesday	Wednesday	Thursday	Friday				
AM Snack  Grains Fruit & Veg Meat & Alt Milk & Alt	Shreddies Seasonal Fruit Milk	Whole Grain Toast Seasonal Fruit Milk	Vegetable Loaf Fresh Mixed Fruit Milk	Cinnamon Raisin Toast Apple Sauce/ Apples Milk	English Muffin  WOW Butter Milk				
<u>Lunch</u>	Whole Wheat Bagel & Scrambled Eggs	Chicken Fingers & Jasmine Rice	Egg Salad & Cheese Sandwich w/ Broccoli Soup	Fish Sticks & Baked Potato	Rotini Pasta & Meatballs				
Grains Fruit & Veg	Whole Wheat Bagel Tomatoes/ Melon	Whole Grain Bread/Rice Cucumber Slices/ Seasonal Fruit	Whole Wheat Bread Potato, Broccoli, Mushroom Soup/ Seasonal Fruit	Whole Grain Pita Broccoli Trees, Potatoes/ Fresh Mixed Fruit	Rotini Pasta Tomato Sauce, Peas, Corn/Carrots/Oranges				
Meat & Alt Milk & Alt	Egg Milk & Cheese	Breaded Chicken Fingers Milk	Egg Milk & Cheese	Breaded Fish Sticks Milk	Chicken Meatballs Milk & Cheese				
PM Snack  Grains Fruit & Veg	Whole Grain Crackers Applesauce/ Apples	Bananas	Whole Wheat Pita	Seasonal Fruit	Cereal Trail Mix Pears/ Pineapple				
Meat & Alt Milk & Alt		Cheese	Hummus/Ranch	Yogurt					

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(Cereal Trail Mix ingredients: Mixed Cereal, Pretzel Sticks, Goldfish Crackers, Cheese Nibs & Banana Chips).

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