Menu: All meals are planned according to the individual children's needs and based on the Canada Health Food Guide: All meals are served with milk, juice, water, fruit and/or veggies

Week:	Themes:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast:	Cereals	Cereals	Cereals	Cereals	Cereals
		Boiled Eggs	Muffins	Boiled Eggs	Muffins	Yogurt
		milk	milk	milk	milk	milk
		Macaroni	Pasta in	Sausage	Chicken	Hot dogs
		and	tomato sauce	with rice	Nuggets	with buns
	Lunch:	Cheese	with	with veggies	with Fries	with build
			meatballs			
		Veg Salad	Fresh	Fresh	Veg Salad	Veg Salad
			Veggies	Veggies		
	P.M. Snack	Jam	cheese	Jam	cheese	Jam
		Sandwiches	sandwiches,	Sandwiches	sandwiches,	Sandwiches
		Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
						Movie day
March 2	Due al fa ato	Canada	Consola	Consolo	Canada	snacks
Week 2	Breakfast:	Cereals Muffins	Cereals Boiled Eggs	Cereals Muffins	Cereals Boiled Eggs	Cereals
		milk	milk	milk	milk	Yogurt milk
		THINK	THIK		THINK	
		Pasta in	Sausage with	Chicken	Macaroni	Hot dogs
		tomato	rice with	Nuggets	and	with buns
	Lunch:	sauce with	veggies	with Fries	Cheese	
		meatballs				
		Fresh	Veg Salad	Fresh	Veg Salad	Veg Salad
		Veggies	-	Veggies		
	P.M. Snack:					
		cheese	Jam	cheese	Jam	Jam
		sandwiches,	Sandwiches	sandwiches,	Sandwiches	Sandwiches
		Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
						Movie day snacks
						SHOURS

Menu: All meals are planned according to the individual children's needs and based on the Canada Health Food Guide: All meals are served with milk, juice, water, fruit and/or veggies

Week:	Themes:	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Breakfast:	Cereals	Cereals	Cereals	Cereals	Cereals
		Boiled Eggs	Muffins	Boiled Eggs	Muffins	Yogurt
		milk	milk	milk	milk	milk
		Sausage with rice	Pasta in tomato sauce	Macaroni and	Chicken Nuggets	Hot dogs with buns
	Lunch:	with veggies	with meatballs	Cheese	with Fries	
		Fresh Veggies	Fresh Veggies	Veg Salad	Fresh Veggies	Veg Salad
	P.M. Snack	Jam	cheese	Jam	cheese	Jam
		Sandwiches	sandwiches,	Sandwiches	sandwiches,	Sandwiches
		Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits Movie day snacks
Week	Breakfast:	Cereals	Cereals	Cereals	Cereals	Cereals
4/5		Muffins milk	Boiled Eggs milk	Muffins milk	Boiled Eggs milk	Yogurt milk
		Chicken	Sausage with	Pasta in	Macaroni	Hot dogs
		Nuggets	rice with	tomato	and	with buns
	Lunch:	with Fries	veggies	sauce with meatballs	Cheese	
		Veg Salad	Fresh Veggies	Fresh Veggies	Veg Salad	Veg Salad
	P.M. Snack:	cheese	Jam	cheese	Jam	Jam
		sandwiches,	Sandwiches	sandwiches,	Sandwiches	Sandwiches
		Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits	Fresh fruits
						Movie day
						snacks