

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 Boiled Eggs milk	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Muffins milk	Cereals Yogurt milk
	Lunch:	Macaroni and Cheese	Pasta in tomato sauce with meatballs	Sausage with rice with veggies	Chicken Nuggets with Fries	Hot dogs with buns
		Veg Salad	Fresh Veggies	Fresh Veggies	Veg Salad	Veg Salad
	P.M. Snack	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits Movie day snacks
Week 2	Breakfast:	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Muffins milk	Cereals Boiled Eggs milk	Cereals Yogurt milk
	Lunch:	Pasta in tomato sauce with meatballs	Sausage with rice with veggies	Chicken Nuggets with Fries	Macaroni and Cheese	Hot dogs with buns
		Fresh Veggies	Veg Salad	Fresh Veggies	Veg Salad	Veg Salad
	P.M. Snack:	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	cheese sandwiches, Fresh fruits	Jam Sandwiches Fresh fruits	Jam Sandwiches Fresh fruits Movie day snacks

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